

## FRIED SAUSAGES

*with mashed potatoes  
and buttered peas*

Ingredients	Fried sausages
500 g	Fried sausages
200 g	Cooked chicken/ turkey meat
300 ml	Meat stock
40 g	GELEAcold

Ingredients	Mashed potatoes
500 g	Boiled potatoes (cold) or frozen
300 ml	Cold milk
200 g	Melted butter
40 g	GELEAcold
	Salt, pepper, sugar

Ingredients	Buttered peas
750 g	Peas (frozen)
200 ml	Vegetable stock
50 g	Melted butter
40 g	GELEAcold
	Salt, sugar

### Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve with a suitable sauce.

Nutrition facts for one serving  
(approx. 175 g)

Energy/	1388 kJ/
Calories	332 kcal
Fat	25.9 g
Of which saturates	13.5 g
Carbohydrates	13.0 g
Of which sugars	3.5 g
Fibre	3.5 g
Protein	10.6 g
Salt	1.0 g

### Fried sausages:

Blend the fried sausages, chicken/turkey meat and stock to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground paprika before filling. Pipe the mass into a “Fried Sausage” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

**Tip:** We recommend substituting part of the fried sausages with chicken/turkey meat (sausages are made to different recipes and often contain a lot of fat and water).

### Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a disposable piping bag to pipe the mass in decorative shapes onto a GN baking tray then freeze.

**Alternatively:** Use a spoon to shape the mass into dumplings, place on a GN baking tray then freeze.

### Buttered peas:

Blend the peas, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a “Peas” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

**Alternatively:** Use a disposable piping bag with a star-shaped nozzle to pipe the mass in decorative shapes in a size as preferred onto a GN baking tray then freeze.

### Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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