



Kaszanka is a Polish blood sausage which you'll find in most Polish shops. It tastes like a cross between Black Pudding and Haggis with a slightly more moist texture. Roasted with a selection of vegetables the sausages themselves have a tendency to break down, leaving you with a very hearty 'Soup'. They generally cost a little over £2 per Kilo pack so they are less than half the cost of a British gourmet sausage and for two people you'll easily have sufficient for two good meals.

The pizza component is actually nothing more than a giant Yorkshire pudding. You can buy a Yorkshire pudding mix from most supermarkets for less than 50p and all you need to do is add a couple of eggs and water. Just make sure your oil is smoking hot!

Ingredients:-

8 thick Kaszanka Polish blood sausage
1 small Onion
1 finely chopped Carrot
2 cloves of Garlic (Crushed)
½ a shredded Savoy Cabbage
2 Vegetable stock cubes, enough to cover the Sausages
Grated Cheese (Cheddar)

For The Yorkshire Puddings (GF) A Yorkshire Pudding mix from the Supermarket will work fine if you don't need the Gluten Free version.

140g of GF plain flour
50g of Cornflour
140ml of semi skimmed Milk

3 Eggs

A dash of cold water

Sat & Pepper

Vegetable oil

Method:-

- (1) Preheat the oven to 200C.
- (2) Place the Sausages in an oven proof dish.
- (3) Cover with the Onion, Carrots and Garlic.
- (4) Add the Vegetable stock making sure the Sausages are covered.
- (5) Place on the middle shelf and cook for an hour or until the Sausages have broken down completely.
- (6) Allow to cool.

Giant Yorkshire Pudding:-

- (1) Turn the heat up to 220C.
- (2) Place vegetable oil in a baking tray and heat until smoking hot.
- (3) Add the Eggs to the Milk and whisk.
- (4) Mix the GF Flour and Cornflour and season with Salt and Pepper.
- (5) Add the Flour mix a little at a time to the Egg and Milk mix whisking it as you go.
- (6) You should aim for a smooth runny texture.
- (7) Add straight to the hot Oil and place on the top shelf of the oven for about 30 minutes. Until the Yorkshire Pudding has risen and golden brown.
- (8) In a large pan reheat the Sausage mixture adding a little water if it seems too thick.
- (9) Add the shredded Cabbage and simmer for about 10 minutes until the Cabbage has softened.
- (10) Remove the Yorkshire Pudding from the oven and add the Sausage mixture to the middle.
- (11) Heat the grill.
- (12) Sprinkle grated Cheese over the Sausage mixture and place under the grill until it melts. Take care not to burn the top of the Yorkshire Pudding.

Cut and serve with vegetables of your choice. We had Cauliflower Cheese, Mustard mashed Potatoes and fried root vegetables.