



THE UPLAND COOK

BEAR BANGERS & MASH

The Upland Cook: Feel Good



Easy



3-4 hours



Lunch/Dinner



3-4 servings

To wrap up my series of English recipes with a big bang, I'm revisiting the ultimate comfort food from British pubs: **bangers & mash!** 🌍 ✨ **A bit of history:** This classic dish dates back to World War I, when sausages, often bursting ("bangers") during cooking due to their high water content, were served with creamy mashed potatoes to nourish soldiers and workers.

Today, it's one of the stars of pub menus everywhere.

INGREDIENTS

Meat :

- 500 g ground bear meat
- 250 g ground veal
- 250 g ground pork
- 100 g ice-cold water

Spices:

- 10 g salt
- 5 ml white pepper
- 5 ml fresh sage
- 5 ml onion powder
- 5 ml ginger powder
- 5 ml mace
- 2.5 ml nutmeg

Onion Sauce:

- 1 onion
- Peated Scotch
- Worcestershire sauce, to taste
- Game stock

Mashed Potatoes:

- Potatoes
- Game stock
- Duck fat:

Prepare the Sausages (Emulsified Version)

- In a large bowl or food processor, combine the ground bear meat, veal, and pork. Ensure the meats are well-chilled to facilitate emulsification.
- Add the salt, white pepper, fresh sage, onion powder, ginger, mace, and nutmeg. Mix thoroughly to evenly distribute the spices.
- With the food processor running, slowly add the ice-cold water. Blend until you achieve a homogeneous, slightly sticky texture. The ice water helps form an emulsion, giving the sausages a smooth and juicy texture.
- Transfer the mixture to a sausage stuffer to fill the casings if using. Alternatively, shape the mixture into sausage links by hand and wrap them in parchment paper to maintain their shape.

Cooking the Sausages

- Heat a grill pan or skillet over medium-high heat. Grill the sausages for 3–4 minutes, turning regularly, until they are nicely browned on all sides.
- Lower the heat slightly and add a knob of butter and a sprig of fresh rosemary to the pan. Spoon the melted butter over the sausages for 2–3 minutes to infuse them with a rich flavor and enhance their finish.
- Transfer the sausages to an oven-safe dish or leave them in an oven-safe skillet. Finish cooking in a preheated oven at 350°F (180°C) for 10 minutes to ensure they are fully cooked and juicy inside.

Prepare the Onion Sauce

- Thinly slice the onion and sauté it over low heat in a pan with a bit of duck fat until it becomes translucent and lightly caramelized.
- Deglaze the pan with a generous splash of peated Scotch, allowing the alcohol to evaporate.
- Stir in Worcestershire sauce to taste for an umami kick.
- Add the game stock and let it simmer gently until the sauce thickens. Adjust the seasoning as needed and keep warm.

Prepare the Mashed Potatoes

- Peel and chop the potatoes into chunks. Cook them in salted water until tender.
- Drain the potatoes and mash them using a potato masher.
- Stir in some hot game stock and duck fat, mixing until the mash is smooth and creamy. Adjust the texture by adding more stock as needed.
- Season with salt & pepper to taste and keep warm.

