



# SWEET & STICKY SAUSAGES

HEAT LEVEL 🔥🔥🔥

Indulge in the delectable combination of sweet and savory with our Sweet & Sticky Sausages, featuring succulent sausages glazed in a luscious sticky sauce that promises a mouthwatering burst of flavor in every delightful bite.

10 Mins

4 Servings

## INGREDIENTS

30 ml (2 Tbsp) cooking oil  
600 g (about 16) pork sausages  
2 large onions, peeled and sliced  
80 ml (3/4 cup) light brown sugar  
30 ml (2 Tbsp) Worcestershire sauce  
60 ml (1/2 cup) tomato sauce  
200 ml (3/4 cup) Spur Sweet 'n Sticky Marinade

30 ml (2 Tbsp) brown vinegar  
5 ml (1 tsp) Instant coffee powder  
5 ml (1 tsp) Spur Smokey BBQ Spice

### POLENTA INGREDIENTS

150 g polenta.  
250 ml (1 cup) milk.  
250 ml (1 cup) water.  
5 ml (1 tsp) salt.  
30 ml (2 Tbsp) butter or margarine.  
2 ml (1/4 tsp) salt.  
Freshly ground black pepper to taste.

## METHOD

- 1 Heat oil in a heavy-based saucepan. Fry sausages until light brown.
- 2 Add onions and sauté lightly for about 2 minutes.
- 3 Add the remaining ingredients to the same saucepan, bring to the boil, then reduce heat and simmer for about 15 minutes. Serve with mashed potatoes or mashed polenta.

### POLENTA METHOD

- 1 Heat milk and water in a heavy-based saucepan. Bring to the boil and add polenta. Whisk for 8 - 10 minutes, while cooking over low heat. Add more water if necessary. Add butter and seasoning.

## VARIATIONS

- 1 Substitute the pork sausages with beef sausages.
- 2 The dish can also be baked in the oven for about 30 minutes at 180°C.

