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# DOCTOR WHO RECIPES

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GoodFood

## K9 DOGS WITH MUSTARD ONIONS

### INGREDIENTS

Serves 6 - PREP 5 mins - COOK 30 mins - Easy

- 12 good-quality pork sausages
- 2 tbsp sunflower oil
- 3 white or yellow onions, thinly sliced
- 1 ½ tsp yellow or black mustard seeds
- 3 tbsp maple syrup
- 6 part-baked mini baguettes
- 4 tsp mustard
- large pinch brown or muscovado sugar
- 2 tsp wine or cider vinegar
- splash tobasco

### METHOD

1. Heat oven to 400F. Place the sausages in a non-stick baking tray and roast for 20 mins. Meanwhile, heat the oil in a frying pan and cook the onions and mustard seeds together for 10-15 mins until softened and golden.

2. Remove the sausages and brush with maple syrup. Pop the baguettes onto the same baking tray, increase the oven to 425F and return the tray for 5-8 mins until the sausages are dark, shiny and cooked through. Stir the mustard, sugar and vinegar into the onions until the sugar has melted. Add a splash of tobasco - or as much as you dare! Cut the baguettes open across the top and put 2 sausages into each. spoon over the mustardy onions and serve.

