

SAUSAGES WITH AVOCADO AND FETA

So many really good, reasonably priced avocados around right now – make the most of them.

The recipe


Warm a couple of tablespoons of olive oil in a nonstick frying pan then add four plump, lightly spicy sausages (about 300g), such as the fennel-seed freckled Italian salsiccia, and let them cook for 20 minutes over a low to moderate heat. Keep an eye on their progress and turn the sausages regularly so that they colour evenly.

Peel, halve and stone two perfectly ripe avocados. Put the flesh in a mixing bowl, then, using a spoon or fork, roughly crush to a coarse and lumpy texture. Chop a small handful each of coriander and parsley leaves (you need about two tablespoons of each) and add to the avocado. Halve and finely chop a jalapeño or other moderately hot chilli then add to the herbs and avocado.

Coarsely crumble 200g of feta into the bowl, then gently fold the cheese, chillies, herbs and avocado together. Pour three tablespoons of olive oil over it and divide between two plates. When the sausages are cooked, cut them into thick slices and add to the avocado and feta cream. Enough for 2.

The trick

Cook your sausages slowly. This way they will brown evenly and their skins won't split. If you want, use



a spoonful of the hot sausage fat from the pan as a further dressing for the avocado cream. This is a dish to eat as soon as it is made, but if you need to keep the avocado cream for more than a few minutes, add a dash of lemon juice to stop it discolouring.

The twist

The choice of sausage is up to you, but a fairly spicy one is good with the cooling avocado. Chorizo is particularly good if you yearn for something more spicy. You could add tomatoes, cored and diced. ■