

Beer Braised Sausages with Mustard Sauce

Joanne Weir, her TV program "Plates and Places"



- 1 1/2 teaspoons mustard seeds
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon dill seed
- 2 tablespoons unsalted butter
- 2 pounds bratwurst, uncooked or other sausages-- hot or sweet Italian, linguica or chorizo
- 2 large yellow onions, thinly sliced
- 1 tablespoon brown sugar
- Kosher salt
- 2 cups beer, amber
- MUSTARD SAUCE:**
- 1/2 cup stoneground mustard
- 1/4 cup Dijon mustard
- 3 tablespoons honey
- 3 tablespoons beer
- 1 Pinch cayenne
- 1 teaspoon fresh lemon juice, or more if needed

Per Serving (excluding unknown items): 794 Calories; 63g Fat (76.0% calories from fat); 33g Protein; 12g Carbohydrate; trace Dietary Fiber; 143mg Cholesterol; 2530mg Sodium; 7g Total Sugars; 1mcg Vitamin D; 120mg Calcium; 2mg Iron; 683mg Potassium; 329mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTE: If possible use German beer.

1. Place the mustard seeds, caraway seeds and dill seeds in a mortar and crush them gently with a pestle.
2. Melt 1 tablespoon of the butter in a large skillet over medium heat and cook the sausages, turning occasionally, until golden on both sides, about 10 minutes. Remove from the pan and set aside to cool slightly. Using a pin, prick the sausages several times.
3. Over medium heat, melt the remaining 1 tablespoon butter and add the spices, onions, brown sugar and 1/2 teaspoon salt to the pan. Cook, stirring occasionally, until the onions are very soft and translucent and begin to take on some golden brown color, about 20 to 30 minutes. Place the bratwurst on top of the onions and pour the beer over the bratwurst. Increase the heat to high and bring to a boil. Reduce the heat to medium low and simmer, covered, until the bratwurst are completely cooked, about 20 to 25 minutes.
4. In the meantime, place all of the ingredients for the sauce in a bowl and whisk together. Set aside.
5. With tongs, remove the bratwurst from the pan and place on a platter. Cover with foil to keep warm. Increase the heat to high and cook until the onions are almost dry, 3 to 4 minutes. Place the onions on top of the bratwurst and serve with the Stoneground Honey Mustard Sauce.