

## Dublin Coddle

This is true comfort food that can have a healthy twist. There are many traditional versions of Dublin Coddle but all include sausage, bacon and potatoes that are cooked long and slow in water then sopped up with biscuits and stout.

This dish had a ton of flavour and the sausages and potatoes are very tender. The apple cider offers up a soft flavour and the hint of pepper comes through at the end, an enjoyable Irish meal.



- 1 tbsp (15 mL) canola oil
- 6 slices turkey or chicken bacon
- 1 lb (500 g) turkey or chicken sausages, about 6 sausages
- 2 large onions, coarsely chopped
- 4 cloves garlic, minced
- 1/2 tsp (2 mL) dried thyme or savory
- 1 1/2 lbs (750 g) Ontario potatoes, peeled and cubed
- 2 large carrots, peeled and cut in chunks
- 2 cups (500 mL) water
- 1 1/2 cups (375 mL) apple cider
- 1/2 tsp (2 mL) freshly ground black pepper
- 1/4 cup (50 mL) chopped fresh parsley

In large shallow Dutch oven, heat oil over medium high heat and cook bacon for about 2 minutes, turning once or until browned. Remove to plate. Brown sausages on all sides and remove to plate.

Add onions, garlic and thyme to Dutch oven and cook, stirring for about 3 minutes or until golden. Add potatoes, carrots, sausages and bacon and stir to coat. Add water, cider and pepper; bring to boil. Cover and simmer for about 45 minutes or until potatoes are very tender and sausage is no longer pink inside. Stir in parsley and serve.

Makes 4 to 6 servings.

Per each of 4 servings: 580 calories, 27 g protein, 28 g fat, 56 g carbohydrates, 5 g fibre, 1200 mg sodium, 840 mg potassium

Good Source of Iron, Source of Folate, Source of Vitamins B1 and C

Tip: In many homes in Ireland it is recommended that steak sauce, such as A1 be served alongside the stew with lots of stout and biscuits to sop up the juices.

Tip: You could also substitute hard apple cider for the apple cider if desired for an added punch of flavour.