

**ON TEST** With so many available, choosing a good banger can be a challenge. We sizzled our way through more than 36 sausages to find our favourites

# SUPERMARKET SAUSAGES



**GREAT FOR KIDS**  
**Sainsbury's Taste the difference Ultimate outdoor reared pork sausages, 95% meat, £2.59 for 6**

A simple, unfussily flavoured sausage. These have a crumbly texture and went a lovely glossy brown colour when grilled. Children liked these as there were 'no bits in them', and the slightly chewy skins went deliciously sticky. A real family favourite.

## GOOD ALL-ROUNDER

**Jamie Oliver My best Cumberland sausages, 90% meat, £2.59 for 2 swirls**

With coarse, chunky pork and a great balance of seasoning, this was our overall winner. Despite the high meat content, the sausage wasn't too heavy and had a good open texture. You could really taste the pork, which was complemented by subtle notes of nutmeg (from the added mace) and sage. Great with a pile of creamy mash.  
*Tesco*



## Barney's sticky sausage wraps

SERVES 6 ●

PREP 10 mins ●

COOK 20 mins **Easy**

**2 tbsp American mustard**  
**2 tbsp tomato ketchup**  
**8 tbsp light muscovado sugar**  
**12 good-quality sausages**  
**packet wheat flour tortillas**  
**4 Baby Gem lettuces**  
**sweetcorn relish, to serve**

**GoodFood**  
**QUICK**  
**RECIPE**

**1** Combine the mustard, ketchup and sugar. Heat the barbecue. Toss the sausages on and sizzle for about 15 mins, or until they are crispy but not quite cooked through. Brush the sticky sauce all over them and cook for another 5 mins, basting regularly.  
**2** Heat the tortillas on the barbecue for 30 secs each side. Roll the sticky sausages in the wraps, along with some Baby Gem leaves and a dollop of sweetcorn relish.

PER SERVING 474 kcals, protein 19g, carbs 49g, fat 24g, sat fat 8g, fibre 1g, sugar 22g, salt 3.36g



**GLUTEN-FREE CHOICE**  
**The Black Farmer Premium pork sausages, 90% meat, £2.39 for 6**

Many gluten-free sausages we tested had a dry texture and a slightly acidic

aftertaste. These finely textured sausages have a decent balance of herbs to spices and are extremely juicy with a lovely porky aftertaste. The skins crisped nicely too, and unlike other gluten-free varieties, didn't burst. *Tesco and Ocado*



## JURY'S OUT...

**Co-op Truly Irresistible British Cumberland sausages, 89% meat, £2.59 for 6**

These sausages really divided our testers. They have a strong floral aroma and taste from the marjoram and black pepper. Some of our testers felt the pepper 'dominated the overall flavour' while others enjoyed the balance of 'spicy pork'.



## FAVOURITE BEEF

**Tesco Finest Scottish beef sausages, 76% meat, £2.59 for 6**

This dark, meaty sausage has a strong beef and distinct herby flavour (provided by the added dried parsley). It was slightly oilier than others tested, which may be down to the beef used, as the sausage contained no added fat. Exceptionally moist with a rich, peppery taste and oniony sweetness – try it next time you make toad-in-the-hole.



## VEGGIE FAVOURITE

**Linda McCartney Vegetarian sausages, £1.86 for 8**

Made from a blend of seasoned cereal and vegetable protein, the mixture is well seasoned and has a hint of onion. They firmed up well through the cooking process and we liked the way the casing goes slightly crisp once grilled. *Available from all larger supermarkets*



**BEST CHIPOLATA**  
**Duchy Selections Free Range Old fashioned pork chipolatas, 87% pork, £2.85 for 8**

These have a good meaty texture and a sensible balance of seasoning. They are herby; if you're not keen on sage you might not like them, but they didn't have that intrusive dried-herb flavour which seemed to permeate cheaper brands tested. They weren't too greasy and the meat didn't shrink back from the skin in the oven.

*Available from selected Waitrose and Booths stores*

## What we looked for

We focused on ranges available in supermarkets, looking at all varieties of sausages, including game and vegetarian.

We took into account percentage of meat (if applicable), traceability and salt content. As the range of flavours is so huge we concentrated on plain varieties with simple additional flavourings such as herbs, chilli or leeks.

## What we found

• We were disappointed with the quality of venison sausages, as the flavour of

juniper or pepper tended to dominate and the sausages were dry.

• The salt content in veggie sausages can be high. Many contained as much as 1.2g per sausage. Our choice, above, was much lower, at 0.3g each.

• We weren't keen on any of the diet sausages – we found them small and mealy, with a metallic aftertaste. A certain amount of fat is essential to give a porkier flavour and a moist texture.

• Never prick the skins as you'll release the lovely pork juices and end up with a dry sausage.