

# eat in

Home cooking at its best!

Issue 10 November 2011

ONLY £2.50

## On test ✓

This month we've tried and tested two Bonfire Night favourites

### Sausages and beans

Sizzlingly good – here are our best bangers and own-label supermarket buys

**EVERYDAY EASY!**  
45 speedy family dishes



**EVERYDAY VALUE!**  
Clever ways with Cheddar



**PERFECT RESULTS!**  
Our top 10 tastiest curries



## Your favourite comfort food

Slow-cook casseroles and stews, The Bikers' hearty pies, PLUS Bonfire Night

Simple but special cakes



#### The Black Farmer Premium Pork & Leek Sausages

The leek gives a lovely, subtle flavour to these succulent award-winning sausages, which are gluten-free. Perfect for traditional sausage and mash (from £2.59, 400g, 6 sausages, Budgens and Ocado).



GLUTEN FREE

#### Marks & Spencer Pork & Sweet Chilli Sausages

A lovely meaty gluten-free sausage (80% pork). Plenty of sweet-chilli flavour without being hot. Blossom honey adds just the right amount of sweetness. Perfect for making a tasty sausage sarnie in a chunk of French bread (£2.69, 400g, 6 sausages).



#### Ashfield Farm Specially Selected Pork & Sundried Tomato Premium Sausages

Good balance of flavours with small pieces of sundried tomato in the mix. Very tasty but not overpowering (£1.99, 400g, 6 sausages, Aldi).



BEST VALUE

#### Jimmy's Farm Rare Breeds Suffolk Farmhouse Pork Sausage

The meatiest sausage we tasted with 92% pork. Quite herby with thyme, marjoram and parsley. Ideal for toad-in-the-hole (£3.50, approx 365g, 5 sausages, www.jimmysfarm.com)



#### Tesco Light Choices... British Cumberland Pork Sausages

Very good flavour and texture for a low-fat sausage, and not dry either. At just 155 kcals for 2 grilled sausages, these are an excellent healthy breakfast option (£1.99, 454g, 8 sausages).



LOW FAT

#### Morrisons The Best Pork & Spicy Chorizo Sausages

Blended with chunks of chorizo, red peppers, garlic and smoked paprika, these get your taste buds tingling. Serve with potato wedges and soured cream (£2.38 for 2 for £2.50, 400g, 6 sausages).

