

Fate Sage & Onion Stuffing

Ingredients

250g onion, sliced or chopped

150g fate bread, made into breadcrumbs

3 teaspoons dried sage

1 ½ teaspoons dried oregano

Salt to season

Generous grinding of black pepper

1 tablespoon oil



Method

1. Preheat oven Gas Mark 6/200°C/400°F.
2. Place the onions into a saucepan and add enough water to just cover the onions. Add a little salt to season. Boil for 10-15 minutes until the onions are cooked but not too soft.
3. Place the breadcrumbs into a mixing bowl. Stir in the sage and oregano.
4. Add salt and a generous grinding of pepper.
5. Use a slotted spoon and add the onion from the pan. Try not to add too much water. Stir well. Then add enough of the cooking water, little by little to make a softened mixture. Don't make it too wet. You can taste it at this stage to make sure there are enough herbs and seasoning to give a good flavour. Stir in the oil.
6. Place the stuffing into a greased baking tin.
7. Bake in a preheated oven for around 30 minutes.
8. Serve hot with suitable vegetables and Fate Family Gravy.

Notes

Fate Sage and Onion Stuffing can be used as a stuffing for other vegetables, such as onions, just cut a slice from the top of a peeled onion and scoop out the middle. Fill with the stuffing and bake in the oven for about 30 minutes until browned and hot all the way through. The stuffing freezes well. Cool after cooking. Then freeze it in portions. Defrost and reheat in the oven or microwave.

This recipe is for the classic stuffing to go with any roast dinner. Vary the flavour by using different herbs, or even adding other suitable ingredients such as a few chopped dried apricots or chopped chestnuts. The breadcrumbs for the stuffing are quickly made by grating 2-3 days old Fate bread, (including the crusts). If you do this any time you have stale bread left over, you can store stale bread or the crumbs in the freezer ready to use for all kinds of recipes.

This recipe was provided by Fate Speciality Foods.

National Centre for Inherited Metabolic Disorders