



NAME OF THE RECIPE:

Sausage rougail

PARTICIPANT'S NAME:

Jérôme Duguet

CATEGORY:

Family Table (family)

PROVINCE:

Prince Edward Island

STORY:

As someone who's originally from Réunion Island, an overseas department of France, I'd like to share one of the region's signature dishes: sausage rougail with white rice and kidney beans. Cooking this dish reminds me of the many times my entire (very large) family would gather over shared meals or at picnics on the beach, which are typical of the island. La Réunion lé la!

INGREDIENTS:

Sausage rougail

- 4 smoked sausages
- 4 small chillies (optional)
- 4 large tomatoes
- 2 large yellow onions
- A piece of ginger (about 2 to 3 cm)
- Turmeric (optional)
- Salt
- Pepper
- Oil

INSTRUCTIONS:

Sausage rougail

1. Boil the sausages for 10 minutes. Drain and cut them into pieces, approximately 1.5 to 2 cm long.
2. Crush the chillies (optional), ginger and salt in a pestle (or simply chop and mix them in a small bowl).
3. Heat the oil and sauté the sausage.
4. Add the finely chopped onions.
5. Add the mixture of chillies, ginger and salt. Add the turmeric (optional). Sauté.
6. Add the diced tomatoes and mix well.
7. Cover and simmer for 20 minutes. The sauce should be quite red and thick. Do not add water.



INGREDIENTS:

Sides

- White rice
- 1 can of plain kidney beans (unseasoned and unsweetened)
- Thyme
- 2 to 3 cloves of garlic
- 1 small yellow onion

Accompagnement

- Riz blanc
- 1 boîte de haricots rouges naturels (non assaisonnés ni sucrés)
- Thym
- 2 à 3 gousses d'ail
- 1 petit oignon jaune

INSTRUCTIONS:

Kidney beans

8. Sauté the chopped onions.
9. Add the crushed garlic. Sauté.
10. Add the beans and thyme.
11. Add a bit of water (there should be some sauce).
12. Cook for about 10 to 15 minutes.

White rice

13. Cook the desired amount of rice (with a pinch of salt).

Haricots rouges

14. Faire revenir l'oignon préalablement émincé.
15. Ajouter l'ail écrasé. Faire revenir.
16. Ajouter les haricots et le thym.
17. Ajouter un peu d'eau (il doit y avoir un peu de sauce).
18. Laisser cuire pendant environ 10 à 15 minutes.

Riz blanc

19. Faire cuire la quantité de riz souhaitée (avec une pincée de sel).