

SAUSAGE SALAD



Ingredients for 4 serves

8 German style cooked sausages
(for example Regensburger, Lyoner)
2 gherkins
2 large onions
4 dstspn vinegar
4 dstspn oil
Salt, pepper, chives

Preparation

1. Skin and slice the sausages. Skin the onion and cut into thinly-sliced rings. Slice the gherkins. Place these three ingredients into a bowl.
2. Mix a dressing of oil, vinegar, freshly ground pepper, salt and a pinch of sugar.
3. Pour this over the sausages, the onions and the gherkins and turn gently.
4. Bavarian sausage salad should be allowed to rest in the fridge for at least 30 minutes.
5. When ready to serve garnish with finely chopped chives.

Notes

Sausage salad is a German dish, characterized by its tart taste and the use of sausage. It is most common in the southern region of Germany, although it appears throughout the country and in other European cultures. The use of differently spiced sausages, the inclusion of gherkins or pickles, and other ingredients allow for creativity and customization of this traditional German cuisine. The primary ingredients common to all types of tart sausage salad, however, are vinegar, sausage, and onions.

A typical sausage salad calls for little to no cooking. Since the sausages used are typically of the cold cut variety, most recipes simply require mixing or tossing salad ingredients and spices.

Any sausage suitable for slicing and serving cold may be used in "wurstsalat", with regional favorites giving name to specific recipes. Bavarian sausage salad, for example, uses Regensburger, as this sausage is a popular cold cut in Bavarian regions.

The Bavarian sausage salad is also a very popular beer garden dish. And it is also served at the Oktoberfest.