

WHIP

3-in-1 HAND BLENDER



35 Recipes for Your 3-in-1 Hand Blender

Welcome

Welcome to the WHIP 3-in-1 Multifunctional Hand Blender recipe book.

One handle, three attachments - a whisk for whipping and frothing, a masher for fluffy mashes and purees, and a chopper with a 500ml bowl for herbs, nuts and mincing.

A 1L beaker is included for whisking and mashing (or use any deep bowl), and it doubles as a storage cover for the attachments. The recipes are organised by attachment, with a final set of all-in-one dishes that use the whisk, masher and chopper together.

Tips: fit the attachment before plugging in, then press and hold Speed 1 or 2. Keep the blender upright and submerged in a deep bowl or the beaker to avoid splashing. Chill the bowl for whipping cream, mash potatoes gently so they stay fluffy, and chop in short pulses for control.

Happy Blending,
— **The Strongcore Team**



TABLE OF Contents

WHISK ATTACHMENT	2
Fresh Whipped Cream	3
Chocolate Mousse	4
Whipped Feta Dip	5
Pandan Chiffon Cake Batter	6
Frothed Teh Tarik	7
Classic Meringue	8
Fluffy Souffle Omelette	9
Hollandaise Sauce	10
Honey Mustard Dressing	11
Kaya - Coconut Egg Jam	12
MASHER ATTACHMENT	13
Creamy Mashed Potatoes	14
Mashed Pumpkin	15
Smashed Avocado	16
Refried Beans	17
Spiced Dhal Mash	18
Mashed Sweet Potato	19
Minted Mushy Peas	20
Chunky Apple Sauce	21
Smashed Chickpea Salad	22
Mashed Taro (Yam)	23
CHOPPER ATTACHMENT (500ML BOWL)	24
Minced Pork	25
Chopped Mixed Nuts	26
Olive Tapenade	27
Tuna Mayo Spread	28
Date & Nut Energy Bites	29
Soffritto Base	30
Gremolata	31
Egg Mayo Salad	32
Onion-Tomato Masala Base	33
Quick Coleslaw Base	34
3-IN-1 RECIPES (ALL THREE JARS)	35
Begedil - Spiced Potato Patties	36
Cheesy Potato Croquettes	37
Bangers & Mash with Onion Gravy	38
Classic Cottage Pie	39
Pancakes with Whipped Cream & Berry	40
Compote	41

WHISK ATTACHMENT





FRESH WHIPPED CREAM



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

About 400ml



Nutritional Value

Calories 100 kcal

Carbohydrates 3g

Protein 1g

Fats 10g

Ingredients

- 300ml Cold Heavy Cream
- 2 Tablespoons Icing Sugar
- 1/2 Teaspoon Vanilla

Directions

1. Fit the whisk attachment and pour the cold cream into a deep bowl or the 1L beaker.
2. Whisk on Speed 1, moving in circles, until soft peaks form.
3. Add the sugar and vanilla and whisk on Speed 2 to firm peaks (do not over-whip).
4. Use immediately or chill.

CLASSIC MERINGUE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 12 Meringues



Nutritional Value
Calories 40 kcal
Carbohydrates 9g
Protein 1g
Fats 0g



Ingredients

- 3 Egg Whites
- 150g Caster Sugar
- Pinch of Cream of Tartar

Directions

1. Fit the whisk and whisk the egg whites with the cream of tartar on Speed 1 until foamy.
2. Increase to Speed 2, adding the sugar a spoonful at a time.
3. Whisk until stiff, glossy peaks form.
4. Pipe and bake low and slow until crisp.

CHOCOLATE MOUSSE



Preparation Time
15 Minutes



Cooking Time
1 Minute



Servings
4 Persons



Nutritional Value
Calories 260 kcal
Carbohydrates 22g
Protein 5g
Fats 18g

Ingredients

- 150g Dark Chocolate, Melted and Cooled
- 3 Eggs, Separated
- 2 Tablespoons Sugar
- 150ml Cream

Directions

1. Whisk the cream to soft peaks and set aside.
2. Whisk the egg whites with the sugar to stiff peaks.
3. Stir the yolks into the melted chocolate, then fold in the cream, then the whites.
4. Spoon into glasses and chill for 2 hours.



FLUFFY SOUFFLE OMELETTE

**Preparation Time**

5 Minutes

**Cooking Time**

5 Minutes

**Servings**

1-2 Persons

**Nutritional Value**

Calories 220 kcal

Carbohydrates 2g

Protein 14g

Fats 16g

Ingredients

- 3 Eggs, Separated
- Pinch of Salt
- 1 Tablespoon Butter

Directions

1. Whisk the egg whites with the whisk attachment to stiff peaks.
2. Lightly whisk the yolks in a separate bowl, then fold them into the whites.
3. Melt the butter in a pan and pour in the eggs; cook gently until set underneath.
4. Fold over and serve immediately.

WHIPPED FETA DIP



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 300g



Nutritional Value
Calories 120 kcal
Carbohydrates 3g
Protein 5g
Fats 10g

Ingredients

- 200g Feta
- 100g Greek Yoghurt
- 2 Tablespoons Olive Oil
- Juice of 1/2 Lemon
- Black Pepper

Directions

1. Add the feta, yoghurt, oil and lemon to the beaker.
2. Whisk on Speed 2 until light, creamy and smooth.
3. Season with black pepper.
4. Spread on a plate and drizzle with olive oil.



HOLLANDAISE SAUCE



Preparation Time
10 Minutes



Cooking Time
5 Minutes



Servings
About 250ml



Nutritional Value
Calories 150 kcal
Carbohydrates 1g
Protein 2g
Fats 16g

Ingredients

- 3 Egg Yolks
- 1 Tablespoon Lemon Juice
- 120g Butter, Melted and Warm
- Pinch of Salt and Cayenne

Directions

1. Whisk the yolks and lemon juice in a bowl set over a pan of gently simmering water.
2. Whisk on Speed 1 until pale and slightly thickened.
3. Slowly pour in the warm melted butter, whisking constantly, until thick.
4. Season and serve over eggs or vegetables.

PANDAN CHIFFON CAKE BATTER



Preparation Time
15 Minutes



Cooking Time
45 Minutes



Servings
1 Cake / 8 Slices



Nutritional Value
Calories 190 kcal
Carbohydrates 26g
Protein 4g
Fats 7g

Ingredients

- 5 Eggs, Separated
- 120g Sugar
- 120g Cake Flour
- 60ml Coconut Milk
- 1 Teaspoon Pandan Extract
- 60ml Neutral Oil

Directions

1. Whisk the yolks with half the sugar, the coconut milk, pandan and oil, then fold in the flour.
2. With a clean whisk, whisk the whites with the remaining sugar to stiff peaks.
3. Fold the whites into the batter in three additions.
4. Pour into a chiffon cake tin and bake at 160°C for 45 minutes or until springy.





HONEY MUSTARD DRESSING

**Preparation Time**

5 Minutes

**Cooking Time**

1 Minute

**Servings**

About 200ml

**Nutritional Value**

Calories 110 kcal

Carbohydrates 4g

Protein 0g

Fats 10g

Ingredients

- 2 Tablespoons Dijon Mustard
- 1 Tablespoon Honey
- 2 Tablespoons Vinegar
- 100ml Olive Oil
- Salt

Directions

1. Whisk the mustard, honey and vinegar in the beaker.
2. Whisking on Speed 1, slowly drizzle in the olive oil until emulsified.
3. Season with salt.
4. Drizzle over salads or roasted vegetables.

FROTHED TEH TARIK



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Cups /
2 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 20g
Protein 4g
Fats 4g

Ingredients

- 2 Tablespoons Loose Black Tea, Brewed Strong
- 120ml Evaporated Milk
- 2 Tablespoons Condensed Milk
- Hot Water

Directions

1. Brew the tea strong and stir in the evaporated and condensed milk.
2. Hold the whisk just below the surface in the beaker.
3. Whisk on Speed 2 until a thick froth builds (the 'pulled' tea effect).
4. Pour into cups, top with the froth and serve.





KAYA - COCONUT EGG JAM



Preparation Time
10 Minutes



Cooking Time
30 Minutes



Servings
About 400g



Nutritional Value
Calories 70 kcal
Carbohydrates 10g
Protein 1g
Fats 3g

Ingredients

- 5 Eggs
- 200g Sugar
- 250ml Coconut Milk
- 4 Pandan Leaves, Knotted

Directions

1. Whisk the eggs, sugar and coconut milk in the beaker until smooth.
2. Pour into a heatproof bowl with the pandan.
3. Cook over a double boiler, whisking often, for 25-30 minutes until thick.
4. Cool, discard the pandan, and spread on toast.

MASHER ATTACHMENT



CREAMY MASHED POTATOES



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 30g
Protein 4g
Fats 6g

Ingredients

- 800g Potatoes, Peeled and Boiled
- 60g Butter
- 100ml Warm Milk
- Salt and Pepper

Directions

1. Boil the potatoes until very soft, then drain well.
2. Add the butter and warm milk.
3. Mash with the masher attachment on Speed 1 until smooth and fluffy (do not over-work or they turn gluey).
4. Season and serve.





MASHED SWEET POTATO



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 32g
Protein 3g
Fats 4g

Ingredients

- 800g Sweet Potatoes, Boiled
- 40g Butter
- Pinch of Cinnamon
- Salt

Directions

1. Boil the sweet potatoes until soft and drain.
2. Add the butter and cinnamon.
3. Mash with the masher attachment until smooth.
4. Season and serve.

MASHED PUMPKIN



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 22g
Protein 3g
Fats 3g

Ingredients

- 800g Pumpkin, Steamed
- 30g Butter
- Pinch of Nutmeg
- Salt and Pepper



Directions

1. Steam the pumpkin until very soft.
2. Add the butter and nutmeg.
3. Mash with the masher attachment until smooth.
4. Season and serve as a side.



MINTED MUSHY PEAS



Preparation Time
5 Minutes



Cooking Time
10 Minutes



Servings
4 Persons



Nutritional Value
Calories 110 kcal
Carbohydrates 16g
Protein 6g
Fats 3g

Ingredients

- 400g Cooked Green Peas
- 20g Butter
- A Few Mint Leaves
- Salt and Pepper

Directions

1. Warm the cooked peas through with the butter.
2. Add the mint.
3. Mash with the masher attachment to a chunky texture.
4. Season and serve with fish or pies.

SMASHED AVOCADO



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 300g /
2-3 Persons



Nutritional Value
Calories 140 kcal
Carbohydrates 8g
Protein 2g
Fats 12g

Ingredients

- 2 Ripe Avocados
- Juice of 1/2 Lime
- Pinch of Chili Flakes
- Salt

Directions

1. Scoop the avocado into a bowl with the lime juice.
2. Mash with the masher attachment to a chunky texture.
3. Stir in the chili flakes and salt.
4. Pile onto toast and serve.

CHUNKY APPLE SAUCE



Preparation Time
5 Minutes



Cooking Time
15 Minutes



Servings
About 400g



Nutritional Value
Calories 90 kcal
Carbohydrates 22g
Protein 0g
Fats 0g

Ingredients

- 4 Apples, Peeled and Chopped
- 2 Tablespoons Sugar
- Squeeze of Lemon
- Pinch of Cinnamon

Directions

1. Cook the apples with a splash of water until very soft.
2. Add the sugar, lemon and cinnamon.
3. Mash with the masher attachment to a chunky sauce.
4. Cool and serve with pork or porridge.



REFRIED BEANS



Preparation Time
5 Minutes



Cooking Time
10 Minutes



Servings
About 400g /
4 Persons



Nutritional Value
Calories 130 kcal
Carbohydrates 18g
Protein 6g
Fats 4g

Ingredients

- 1 Can (240g) Pinto or Red Beans, Drained
- 1 Clove Garlic, Chopped
- 1/2 Teaspoon Cumin
- 1 Tablespoon Oil
- Salt

Directions

1. Saute the garlic and cumin in the oil.
2. Add the beans with a splash of water and warm through.
3. Mash with the masher attachment to your preferred texture.
4. Season and serve with tacos or rice.



SMASHED CHICKPEA SALAD



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 350g /
4 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 16g
Protein 6g
Fats 7g

Ingredients

- 1 Can (240g) Chickpeas, Drained
- 2 Tablespoons Mayonnaise
- 1 Stalk Celery, Finely Chopped
- Juice of 1/2 Lemon
- Salt and Pepper

Directions

1. Add the chickpeas to a bowl.
2. Mash with the masher attachment to a chunky texture (leave some whole).
3. Stir in the mayo, celery and lemon.
4. Season and use as a sandwich filling.

SPICED DHAL MASH



Preparation Time
5 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 140 kcal
Carbohydrates 22g
Protein 8g
Fats 2g

Ingredients

- 200g Red Lentils, Cooked Soft
- 1/2 Teaspoon Turmeric
- 1 Clove Garlic
- 1 Teaspoon Cumin
- 1 Tablespoon Oil
- Salt

Directions

1. Saute the garlic, turmeric and cumin in the oil.
2. Add the cooked lentils with a little water.
3. Mash with the masher attachment to a coarse dhal.
4. Season and serve with rice or flatbread.





MASHED TARO (YAM) (SG)



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 30g
Protein 2g
Fats 4g

Ingredients

- 600g Taro (Yam), Steamed
- 100ml Coconut Milk
- 3 Tablespoons Sugar
- Pinch of Salt

Directions

1. Steam the taro until very soft.
2. Add the coconut milk and sugar.
3. Mash with the masher attachment to a smooth paste.
4. Serve warm as a dessert or sweet side.

CHOPPER ATTACHMENT (500ML BOWL)



MINCED PORK



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g



Nutritional Value
Calories 150 kcal
Carbohydrates 0g
Protein 22g
Fats 7g

Ingredients

- 400g Pork Shoulder, Cubed and Chilled

Directions

1. Cut the chilled pork into 2cm cubes.
2. Add to the 500ml chopper bowl, working in two batches.
3. Pulse in short bursts to your desired mince.
4. Use for dumplings, meatballs or noodles.



SOFFRITTO BASE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g



Nutritional Value
Calories 30 kcal
Carbohydrates 6g
Protein 1g
Fats 0g

Ingredients

- 1 Onion, Quartered
- 2 Carrots, Chopped
- 2 Stalks Celery, Chopped

Directions

1. Add the onion, carrots and celery to the chopper bowl.
2. Pulse in short bursts to an even, fine chop.
3. Use as the base for soups, sauces and stews.
4. Freeze in portions if making ahead.



CHOPPED MIXED NUTS



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 150g



Nutritional Value
Calories 180 kcal
Carbohydrates 6g
Protein 5g
Fats 16g

Ingredients

- 150g Mixed Nuts (Almonds, Walnuts, Cashews)

Directions

1. Add the nuts to the chopper bowl.
2. Pulse in short bursts to the size you want, from coarse to fine.
3. Stop before they turn to paste.
4. Use to top salads, yoghurt or desserts.

GREMOLATA



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 100g



Nutritional Value
Calories 20 kcal
Carbohydrates 2g
Protein 1g
Fats 1g

Ingredients

- 1 Onion, Quartered
- 2 Carrots, Chopped
- 2 Stalks Celery, Chopped

Directions

1. Add the parsley, lemon zest and garlic to the chopper bowl.
2. Pulse to a fine, fluffy chop.
3. Season with salt.
4. Scatter over braised meats, fish or roasted vegetables.

OLIVE TAPENADE



Preparation Time

10 Minutes



Cooking Time

1 Minute



Servings

About 200g



Nutritional Value

Calories 90 kcal
Carbohydrates 3g
Protein 2g
Fats 8g

Ingredients

- 150g Pitted Black Olives
- 2 Tablespoons Capers
- 2 Anchovy Fillets (Optional)
- 1 Clove Garlic
- 1 Tablespoon Olive Oil
- Squeeze of Lemon

Directions

1. Add the olives, capers, anchovy and garlic to the chopper bowl.
2. Pulse to a coarse paste, scraping down as needed.
3. Add the olive oil and lemon and pulse briefly to combine.
4. Serve on crostini, with crackers or stirred through pasta.

EGG MAYO SALAD



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 300g /
3 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 2g
Protein 8g
Fats 13g

Ingredients

- 4 Hard-Boiled Eggs
- 3 Tablespoons Mayonnaise
- 1 Teaspoon Mustard
- 1 Tablespoon Chopped Chives
- Salt and Pepper

Directions

1. Add the peeled eggs to the chopper bowl.
2. Pulse briefly to a chunky chop (do not over-process).
3. Stir in the mayo, mustard and chives.
4. Season and use in sandwiches.





TUNA MAYO SPREAD



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 300g /
3 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 3g
Protein 12g
Fats 9g

Ingredients

- 2 Cans Tuna, Drained
- 1/4 Onion
- 1 Pickle
- 3 Tablespoons Mayonnaise
- Squeeze of Lemon
- Pepper

Directions

1. Pulse the onion and pickle in the chopper bowl to chop.
2. Add the tuna and pulse briefly to combine.
3. Stir in the mayo and lemon.
4. Season and use in sandwiches or wraps.

ONION-TOMATO MASALA BASE (SEA)



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 400g



Nutritional Value
Calories 35 kcal
Carbohydrates 7g
Protein 1g
Fats 0g



Ingredients

- 2 Onions, Quartered
- 2 Tomatoes, Quartered
- 3 Cloves Garlic
- 2 cm Ginger
- 2 Green Chilies

Directions

1. Add the onions, garlic, ginger and chilies to the chopper bowl and pulse to chop.
2. Add the tomatoes and pulse to a coarse base.
3. Use as the cooking base for curries and gravies.
4. Fry in oil until the raw smell goes before adding spices.



DATE & NUT ENERGY BITES



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 12 Bites



Nutritional Value
Calories 90 kcal
Carbohydrates 12g
Protein 2g
Fats 4g

Ingredients

- 150g Pitted Dates
- 80g Almonds
- 2 Tablespoons Rolled Oats
- 1 Tablespoon Cocoa Powder
- Pinch of Salt

Directions

1. Add the almonds and oats to the chopper bowl and pulse to a coarse crumb.
2. Add the dates, cocoa and salt; pulse until the mixture clumps together.
3. Roll into bite-sized balls.
4. Chill and store in the fridge.

QUICK COLESLAW BASE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
4 Persons



Nutritional Value
Calories 70 kcal
Carbohydrates 8g
Protein 1g
Fats 4g

Ingredients

- 1/4 Cabbage, Chopped
- 1 Carrot, Chopped
- 1/4 Onion
- 3 Tablespoons Mayonnaise
- 1 Teaspoon Vinegar
- Salt and Pepper

Directions

1. Pulse the cabbage, carrot and onion in the chopper bowl in short bursts to a coarse shred (in batches).
2. Tip into a bowl.
3. Stir through the mayo and vinegar.
4. Season and chill before serving.

ALL-IN-ONE (WHISK, MASH & CHOP)



BEGEDIL - SPICED POTATO PATTIES (SG/MY)



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
About 12 Patties



Nutritional Value
Calories 120 kcal
Carbohydrates 16g
Protein 4g
Fats 5g

Ingredients

- 600g Potatoes, Boiled
- 3 Shallots & 1 Spring Onion
- 100g Minced Beef t
Chicken (Optional)
- 1 Egg
- 1/2 Teaspoon White Pepper
- Salt

Directions

1. **CHOPPER:** pulse the shallots and spring onion (and mince the meat if using).
2. **MASHER:** mash the boiled potatoes until smooth, then mix in the chopped aromatics, pepper and salt.
3. **WHISK:** beat the egg. Shape the potato into patties.
4. Dip the patties in the beaten egg and shallow-fry until golden.

CLASSIC COTTAGE PIE



Preparation Time
20 Minutes



Cooking Time
40 Minutes



Servings
4 Persons



Nutritional Value
Calories 420 kcal
Carbohydrates 34g
Protein 26g
Fats 18g



Ingredients

- 500g Beef Chuck, Cubed and Chilled
- 1 Onion & 1 Carrot
- 2 Tablespoons Tomato Paste
- 400ml Stock
- 800g Potatoes, Boiled
- 60g Butter & 100ml Milk
- 1 Egg Yolk

Directions

1. **CHOPPER:** mince the beef in batches then chop the onion and carrot.
2. Brown the beef and vegetables, add the tomato paste and stock and simmer 20 minutes.
3. **MASHER + WHISK:** mash the boiled potatoes, then whisk in the butter and milk until fluffy.
4. Spread the mash over the meat, brush with beaten egg yolk and bake until golden.

CHEESY POTATO CROQUETTES



Preparation Time
25 Minutes



Cooking Time
15 Minutes



Servings
About 12 Croquettes



Nutritional Value
Calories 150 kcal
Carbohydrates 16g
Protein 5g
Fats 7g

Ingredients

- 600g Potatoes, Boiled
- 50g Cheddar, Grated
- Handful Parsley & 50g Ham
- 1 Egg
- Breadcrumbs, For Coating
- Salt and Pepper

Directions

1. **MASHER:** mash the boiled potatoes until smooth and season.
2. **CHOPPER:** pulse the parsley and ham, then stir into the mash with the cheese.
3. **WHISK:** beat the egg. Shape the mash into croquettes.
4. Dip in egg, roll in breadcrumbs and fry until golden.

PANCAKES WITH WHIPPED CREAM & BERRY COMPOTE



Preparation Time
15 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 320 kcal
Carbohydrates 44g
Protein 8g
Fats 12g

Ingredients

- 200g Flour, 2 Eggs, 300ml Milk, 1 Tablespoon Sugar (Batter)
- 200ml Cream
- 200g Mixed Berries & 2 Tablespoons Sugar
- 2 Tablespoons Toasted Nuts

Directions

1. **WHISK:** whisk the flour, eggs, milk and sugar into a smooth pancake batter, then cook the pancakes.
2. **WHISK:** whip the cream to soft peaks.
3. **MASHER:** warm the berries with sugar and mash to a quick compote.
4. **CHOPPER:** pulse the toasted nuts; stack the pancakes with cream, compote and nuts.



BANGERS & MASH WITH ONION GRAVY



Preparation Time
10 Minutes



Cooking Time
25 Minutes



Servings
4 Persons



Nutritional Value
Calories 480 kcal
Carbohydrates 38g
Protein 20g
Fats 28g

Ingredients

- 8 Sausages
- 800g Potatoes, Boiled
- 60g Butter & 100ml Milk
- 2 Onions
- 1 Tablespoon Flour
- 400ml Beef Stock
- Salt and Pepper

Directions

1. **MASHER + WHISK:** mash the boiled potatoes, then whisk in the butter and milk until fluffy.
2. **CHOPPER:** pulse the onions to a fine chop and fry until soft and golden.
3. **WHISK:** whisk the flour into the onions, then whisk in the stock until smooth; simmer to a gravy.
4. Grill the sausages and serve over the mash with the onion gravy.



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