

St Georges Sausage rolls

Ingredients

1 pack of low fat sausages
 1 apple or 1 onion
 1 tsp dried sage (optional)
 1 pack ready-made puff pastry
 1 egg



Aim higher

Use spare pastry to add a garnish onto the sausage rolls

Equipment

All equipment is provided by school

***REMEMBER A CONTAINER TO
 TAKE YOUR SAUSAGE ROLLS
 HOME***

Oven temperature 220°C or 200 °C fan or gas mark 7

Method:

1. Preheat the oven
2. Skin the sausages, placing the sausage meat in a bowl
3. Grate the apple and or onion and add to the bowl
4. Add the dried sage and mix until evenly combined.
5. Roll out the pastry into a long rectangle.
6. Spread the sausage mix along one edge of the length of the pastry in a cylinder shape.
7. Break egg into jug and whisk.
8. Tightly roll pastry around sausage meat and brush edge of pastry with egg to secure it.
9. Use sharp knife to cut into rolls and place fold side down on a greased baking sheet. Cut some steam holes into the top.
- ★ Using spare pastry, roll it out again and cut into small shapes. Stick onto the top of the sausage rolls with some egg.
10. Glaze the top with egg.
11. Bake for 18-20 minutes until golden brown. Place on cooling rack to cool down.