Cooking Plan

Sausage rolls



Ingredients

Choice of fillings - apple / carrots / sweetcorn / peppers

Puff Pastry

Egg

Sausages

Method

1. Preheat the oven to 180C/170C Fan/350F and line two baking trays with baking paper.

2. Use a sharp knife to slice down the side of the sausages and squeeze all the meat out or peel the skin off and pop it in the mixing bowl.
3. Give the sausage meat a good mix. The easiest way to do this is with your hands, but you can use wooden spoons if you prefer not to get messy.
4. Grate / Chop various fruit or veg that they would like to add to their sausage mixture and mix in well.

5. Dust your work surface with a little flour then roll out the pastry into a large rectangle until it is about half a cm thick (or the thickness of a pound coin).
6. Using your hands, shape the sausage mixture into three long sausage shapes and lay them down the middle of your pastry.
7. Break the egg into a little dish, and give it a quick mix. Brush the pastry with the egg then fold one side of the pastry over the top, enclosing the sausage mixture in the middle. Cut down the edge of the sausage roll you've just formed. Repeat with the other sausage rolls.
8. Seal the pastry shut with your fingers and turn them over so the join is on the bottom.

9. Brush the top of each sausage roll with the remaining egg mixture.
10. Cut each length of sausage roll in half (or to whatever size you prefer) and transfer to your baking tray.
11. Bake in the oven for 25-30 minutes. They're ready when the pastry has puffed up, they're golden brown and the sausage meat is bubbling.