



Sausage Rolls

Ingredients

- 1 tablespoon of butter
- 1 red onion (peeled & finely sliced)
- 6 pork sausages
- A handful of breadcrumbs
- 2 tablespoons plain flour
- 250g (10oz) ready-made puff pastry
- 1 egg
- A little milk

Equipment

- Saucepan
- Rolling pin
- Baking tray
- Wooden spoon
- Mixing bowl
- Pastry brush
- Knife

Method:

For this you will need an adult to help you use the oven and hob.

1. Preheat the oven to 180°C / 355°F / gas mark 4.
2. Melt the butter in a saucepan and add the onions. Cook gently for about 20 minutes until golden brown. Then spread out on a plate to cool.
3. Ask an adult to cut a slit in the sausages. Pop the sausage meat out and place in a mixing bowl with the onions and breadcrumbs.
4. Using your hands mix the ingredients together.
5. On a floured work surface, roll the pastry out into a rectangle about 1cm thick.
6. Cut the pastry lengthways into two long, even rectangles. Roll the mixture, made in step 4, into sausage shapes and lay along the centre of each rectangles.
7. Mix the egg and milk and brush over the pastry. Then, fold one side of the pastry over the filling. Press down with your fingers or the edge of a spoon to seal.
8. Cut the long rolls into smaller pieces and space them out on a baking tray.
9. Brush with the rest of the egg and bake for 25 minutes or until golden.

Remember to email a picture of your creation to recipeoftheweek@smmj.org.uk

to be displayed on the school website.

