

SAUSAGE ROLLS - ENGLAND

Ingredients basic

Pastry

200g / 8oz plain flour

Pinch of salt

50g / 2oz lard

50g / 2oz margarine

Teaspoon of water (cold)

200g / 8oz sausage meat

(vegetarian option quorn sausage)

Salt and pepper

Beaten egg / or milk to brush the top.

Alternatives / Tips



Equipment

Bowl, pastry knife, pastry brush, baking tray, sharp knife, sieve, flour dredge.

Method

1. Light the oven gas 6, 200°C. Position the shelf at the top of the oven. Grease a baking tray.
2. Make the shortcrust pastry - Sieve the flour and salt into a bowl. Add the margarine and lard to the flour and cut into small pieces.
3. Rub the fat into the flour using your fingertips, until the mixture looks like breadcrumbs. Add the water a little at a time and mix to a firm, smooth dough. Knead very lightly until it is smooth.
4. Roll out the shortcrust pastry, cut into a rectangle about 30 cm x 25 cm.
5. Cut in two lengthwise.
6. Add some salt and pepper to the sausage meat and roll it out the same length as the pastry. Place it on the pastry.
7. Brush the edges with water and seal them, place the join underneath. Cut into 5 cm lengths, mark the tops with a knife and brush with the beaten egg or milk.
8. Place on the baking tray and for about 20 minutes until golden brown.

