



Recipe of the Month

September 2017 School Sausage Roll

Hoping for an Indian Summer to extend picnic season, this is a great recipe for a popular family favorite that packs in a sneaky vegetable boost! Its really tasty and ideal to make ahead and freeze . Bake from frozen in 20 minutes for a quick supper or the night before to chill and take to a picnic the next day. We slice into about 12 portions to serve. You could easily slice before freezing or cooking for individual sausage rolls.

Ingredients

To make one sausage plait (serves 12)

One packet of pre rolled puff pastry. (Life is too short to make your own...)

300g sausagemeat

1 finely diced onion

1 grated carrot

1 grated courgette

1 clove garlic

1 stick celery- finely diced

Pinch of salt, pepper, nutmeg, mustard

70g sage and onion stuffing mix

1 tablespoon Olive oil

1 beaten egg, if needed to wet mixture/ glaze

Method

Remove Puff pastry from the freezer an hour or so before use to defrost. Don't allow it to get to warm or it will be difficult to handle. Lay flat once it is defrosted.

Pre heat oven to 180 fan assisted, 190 other.

- 1. Heat the oil and gently fry the onions , celery and garlic with a pinch of salt until soft and slightly golden. Allow to cool for a few minutes.**
- 2. Mix all the other ingredients together thoroughly, in a large bowl adding the fried vegetables. If the mixture is dry add a little egg. This can be done in a mixer or by hand.**
- 3. Chill the mixture for half an hour, make a cup of tea!**
- 4. Lightly flour a clean work surface and roll the sausage mixture into a long roll the size of your pastry rectangle.(If rolling pastry aim for about 5 mm thickness in a rectangle shape.)**
- 5. Place the sausage roll down the centre of your rectangle. Using a pastry brush dampen one edge and fold over then fold over the other side pressing down to secure the edges.**
- 6. Place on a sheet of greaseproof paper on a baking tray and glaze with a little beaten egg before baking in preheated oven for 20 -25 minutes. Pastry should be well risen and golden.**

Enjoy! Juliette Smith, Catering Manager