

Sausage Rolls

½ small garlic clove

handful parsley, chopped

400g pack sausagemeat or sausages

375g pack ready-rolled puff pastry

1 beaten egg, to glaze



Method

1. Heat oven to 100°C/fan 180°/gas 6.
 2. Crush the garlic and a little salt to a paste using a pestle and mortar, or use the flat of your knife on a chopping board.
 3. Mix together with the parsley and stir in 50ml of cold water. Place the sausagemeat in a food processor (if using sausages peel away the skins), turn onto a high speed, pour the garlic-flavoured water into the mixture, then season with pepper.
 4. Roll out the pastry onto a board and cut half lengthways. Divide the sausage mixture in two and spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge. Tightly roll the pastry around the sausagemeat and brush the ends with beaten egg to secure.
 5. Use a sharp knife to cut each roll into 10 pieces, each about 2.5cm long, and place on a baking sheet.
 6. Can be made to this point up to 1 month in advance and frozen. To cook from frozen, simply add 10 mins to cooking time below.
 7. Brush more egg all over the pastry. Place in the oven and cook for 25-30 mins until the pastry is puffed and crisp and the meat has cooked through.
 8. Remove and eat hot or cold with tomato ketchup if you like.
- Grated Apple, breadcrumbs and spices can be added to sausage meat for extra flavour.