

FRESH SAUSAGE ROLLS

INGREDIENTS

1/2 tbsp olive oil
2 cloves garlic , minced
1 brown onion , small, finely chopped
1 celery stalk , finely chopped
150g bacon , finely minced (streaky and fatty, not the lean stuff!)
2 tsp fennel seeds , toasted (optional)
500g pork mince (ground pork) (not lean)
3/4 cup / 40g panko breadcrumbs
1 egg
1/2 tsp salt
Black pepper

Baking & Serving

2 1/2 sheets puff pastry , thawed then each cut into half
1 egg , lightly whisked

INSTRUCTIONS

Step 1: Heat oil in a non stick fry pan over medium high heat. Sauté garlic, onion & celery for 2 minutes, then add bacon.

Step 2: Cook for a further 2 minutes (don't make bacon golden) then transfer to bowl and allow to cool for 10 minutes.

Step 3: Add remaining Filling ingredients into the bowl. Use your hands to mix well.

Step 4: Lay out a rectangle of pastry, long edge closest to you. Brush egg along one long edge.

Step 5: Get 1/5 th of the filling and shape into a long log shape down the middle of the pastry. Ensure the meat is tight and compact, without gaps.

Step 6: Brush edge of pastry with egg. Then roll up, finishing with the seam side down. Roll up, sealing on the edge with egg wash on it .

Step 7: If you have time/patience, refrigerate for 1 hour (makes it easier/neater to cut)

To Cook

Step 1: Preheat oven to 350F/180C.

Step 2: Cut each log into equal lengths, just two if you want full size sausage rolls. Brush with egg.

Step 3: Place on 2 baking trays lined with baking paper (or sprayed with oil). Bake for 30 - 35 minutes in total, swapping tray shelves at 20 minutes, or until the pastry is deep golden brown. (Note: The filling will still look pink because of the bacon, but it's easy to tell from texture that it's cooked)

Step 4: Cool slightly on trays. Serve hot or warm with tomato sauce or ketchup!

THE COOKERY

by The Secret Jozi Chef