

EAST NORTH EAST BAKE-OFF

SAUSAGE ROLLS



INGREDIENTS

- 1 tbsp olive oil
- 1 small onion finely chopped
- 6 pork sausages, skins removed
- 1 x 320g sheet ready rolled puff pastry
- 1 egg beaten

METHOD

Step 1. Heat the oil in a frying pan set over a medium heat then cook the onion for 8-10 minutes until softened. Transfer to a large bowl and leave to cool. Add the sausage meat and mix together. Preheat the oven to gas 6. 200C, fan 180C.





Step 2. Unroll the pastry and cut in half lengthways to make 2 long strips. Halve the sausage mix and lay each half along the long edge one of the pastry strips in a thin sausage shape. Tightly roll up with the joint underneath, press lightly to seal. Brush all over with the egg, cut each roll into four.



Step 3. Space the rolls out on a baking sheet and bake in the oven for 30-35 minutes, until golden, crispy and cooked through.

