

Sausage Rolls: Homemade Flaky Pastry



Ingredients for Flaky Pastry:

200g Plain Flour
75g Lard or Trex
75g Butter
2 Teaspoons Lemon Juice
100ml (approximately) Cold Water
Pinch Salt

You will need to bring a container to take your sausage rolls home in.

Ingredients for Filling:

6 - 8 Sausages (not sausage meat)
1 Tablespoon Dry Mixed Herbs
Egg and Milk Glaze: School will provide

Additional Optional Ingredients:

1 Tablespoon Poppy Seeds: For Sprinkling on the top
1 Tablespoon Sesame Seeds: For Sprinkling on the top
30g Cheddar Cheese
½ Small Onion: Thinly Sliced

Method:

1. Preheat oven to 200°C or Gas 6.
2. Weigh and measure out all the ingredients accurately.
3. Mix the fat together on a plate until soft, use a fork to do this. Divide the fat into four portions using a knife.
4. Sieve the flour into a large plastic bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs.
5. Add the lemon juice and enough cold water to mix to a soft dough.
6. Knead and roll out into a rectangle shape.
7. Dot a quarter of the fat over the top 2/3rds and fold the bottom 1/3rd up over the middle 1/3 and seal the edges and fold the top 1/3rd over the middle 1/3rd and firmly seal the edges.
8. Quarter turn the pastry so the long seal is on the right.
9. Repeat step 7 twice more.
10. Turn once more and fold in half.
11. Chill to allow fat to set (you can chill between each addition of fat if time).
12. Prepare sausages on a red chopping board by removing the skins and mixing with herbs in a bowl.
13. Prepare and add any additional flavourings to the meat for example grated cheese or thinly sliced onions.
14. Put pastry onto a lightly floured work surface and roll into a rectangular shape approximately 30cm long. Cut pastry into three pieces.
15. Place sausage meat down centre of each piece of pastry.
16. Brush edges (lengthways) of pastry with water and wrap pastry around sausage meat to create a long roll. Seal edges of pastry.
17. Cut into equal size pieces and place on the baking tray.
18. Brush the pastry with the beaten egg and glaze. You can add some seeds to the top for decoration, for example poppy or sesame seeds. Alternatively cut strips into the top to allow the steam to escape.
19. Cook in the oven for 15-20 minutes. Use a food probe to ensure the sausage rolls have a core temperature of 75°C.

