

Homemade Sausage Rolls

Makes 64 small sausage rolls. Serve with fresh garden salad and homemade tomato ketchup.

Equipment:	Ingredients:
Bowl - 1 large, 1 small	1 x 500g roll of sausage mince
Chopping board	1 medium zucchini
Knife	1 medium carrot
Grater	1 large onion
Baking tray – 2 large	1 cup chopped herbs (whatever is available from the garden: parsley, rosemary, basil, oregano)
Baking paper	4 sheets of frozen puff pastry
Pastry brush	¼ cup milk (for brushing)
Teaspoon or a dessert spoon	

What to do:

- Preheat oven to 220°
- Prepare baking trays by lining them with baking paper.
- Set out chopping board, knife and large mixing bowl.
- Peel and finely dice the onion, and place into the bowl.
- Wash, dry and trim the top and bottom from the carrot and zucchini. Then coarsely grate both vegetables and add to the diced onion.
- Thoroughly wash the herbs, removing any yellowed leaves. Pat dry with a clean tea towel, or use a salad spinner to remove moisture. Roll the herbs into a tight bundle and chop finely. Add to the other vegetables in the large mixing bowl.
- Cut one end of the sausage meat packet open and carefully squeeze out the mixture into the bowl. Be sure to get as much mince out as possible.
- Using clean hands, mix all ingredients. You will need to use a squashing, kneading motion to bring all the meat and vegetables together until they are well combined. When the vegetables are thoroughly mixed through the meat, prepare your first sheet of puff pastry, ready for filling.
- Take one sheet of pastry from the pile and leaving the plastic film on the back, cut it in half so that you have two long rectangles.
- Using a teaspoon, make a log of sausage filling along the long side of the rectangle closest to you. The filling log should be about 1.5cm high and 3cm wide. Just like a sushi roll – lift the long edge of the puff pastry off the plastic film and roll it over until the pastry overlaps and encases the sausage filling in a tube. Discard the plastic backing.
- Using a sharp knife, cut the filled tube in half and then into quarters. Cut each quarter into half again; you should now have 8 small sausage rolls. Place them evenly onto the baking tray about 1 cm apart.
- Repeat the filling procedure to make another 8 sausage rolls from the remaining half of the pastry sheet.
- With a new sheet of pastry, repeat this process until you have used all your filling mixture and pastry sheets. Each time you fill a baking tray, brush the sausage rolls with milk before placing them in the oven for approximately 30 minutes, or until golden brown.