

Get your Bake On: Homemade Pork & Apple Sausage Rolls

I am rather partial to a bit of sausage.

Pahahahahahaha!!!!

No, no, minds out the gutter you guys, I genuinely am a fan of the meaty snack.

This isn't getting any better is it.

Bloody hell.

Sausages. They're good. Yum.

I decided this week to embrace my love of all things sausage (oh er missus!) and make some homemade sausage rolls. I love sausage rolls but they are often, when bought ready made, a bit gristly and somewhat questionable on the meat front. Is it even meat?!

These bad boys are pork and apple and you can tinker with the filling as you see fit, leave the apple out for a more traditional one or add in some chilli for a spicy kick!

This recipe is super quick, it uses ready made and rolled puff pastry so they can be knocked up in a flash for a picnic, last minute dinner party snack or lunchbox filler.

Embrace the sausage!



LIFE IS KNUTTS GET YOUR BAKE ON

PORK & APPLE SAUSAGE ROLLS

SERVES:

MAKES 12 (APPROX).

TOTAL TIME:

5 MINUTES - PLUS 30 MINS
BAKING TIME

INGREDIENTS:

150G SAUSAGE-MEAT (IF YOU
CAN'T FIND SAUSAGE-MEAT,
JUST REMOVE SOME SAUSAGES
FROM THEIR SKINS)

1 READY ROLLED SHEET OF
PUFF PASTRY

1 APPLE - GRATED AND DRIED
(DRY THE GRATED APPLE BY
SQUEEZING THE JUICE OUT
USING A MUSLIN OR SOME
STRONG KITCHEN ROLL)

1 EGG YOLK (BEATEN)

DIRECTIONS:

* Pre-heat the oven to 180°C (Fan) & line a large baking tray with Greaseproof paper.

* Place the sausage-meat and grated apple in a bowl. Mix to incorporate the apple evenly through the meat.

* Place your ready rolled puff pastry on a board and lay it landscape then cut the pastry sheet in half to make 2 smaller sheets.

* Brush each the sheets on the left and right sides with egg yolk.

* Split the sausage-meat mix in half and shape one of the halves into a long sausage shape. Place this in the middle of one of the pastry sheets and then repeat the process for the other sheet.

* Form the sausage roll by taking the right hand side of the pastry sheet, lifting it over the meat, tucking it in and then lifting the left hand side over the top of that and press to seal it shut. Don't worry about the top and bottom ends, these will be your 'open' sides on the baked sausage rolls.

* Cut into 6 evenly sized pieces with a sharp knife and place on the baking sheet, leaving a gap of 3cm between each one.

* Repeat for the other sheet of pastry.

* Brush the tops with beaten egg yolk.

* Bake in the oven for 30 minutes at 180°C (If the pastry is browning too quickly, turn the oven down to 170°C - you want to ensure the sausage-meat is cooked).



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Sausage Rolls*