



GET CREATIVE



45 MINUTES



PREPARATION  
NEEDED

# SAUSAGE ROLLS

PART OF THE COOKING THEMED PROGRAMME



## GETTING INTO THE ACTIVITY

Nothing beats the smell of homemade sausage rolls. Get in the kitchen and baking your own batch of these mouth-watering treats.

**Preparation:** Young people should have the ingredient list provided to them the week before, so they can have everything ready for the virtual session.

- 1) Roll out the puff pastry sheet and cut it down the middle lengthways (so the strips are long and thin).
- 2) Remove the skin from the sausages. This could be done by cutting the end off and squeezing the meat out. Place the meat in a bowl and mix.
- 3) Split the meat in half and spread it along the length of each sheet of pastry in a cylinder shape.
- 4) Crack an egg in a bowl and give it a whisk (you can use a fork) and then spread the egg down one side of each pastry sheet. You can use a brush or your finger for this.
- 5) Fold the pastry together to form a long sausage roll shape. Use a fork to push down on the join, to help seal the pastry. Brush the top of the pastry with egg. Cut into smaller sausage roll shapes.
- 6) Bake at 180 for 15-20 minutes or until golden brown. This cooking time is a guide, please make sure the sausage rolls are cooked before removing them from the oven.



## WHAT YOU'LL NEED

- Pack of Ready Rolled Puff Pastry (375g)
- 400-500g Sausages
- 1 Egg
- Knife, Chopping Board, Bowl, Spoon, Fork
- Baking Tray



## KEEPING EVERYONE SAFE

Please advise young people to take care when in the kitchen, particularly around hot surfaces and sharp knives.