**** **Sausage Rolls**

**Ingredients per pair**



1 sheet of puff pastry

50g sausage mince

50g beef mince

½ rasher bacon

1 egg

¼ onion

½ Tbs Worcestershire sauce

1 Tbs tomato sauce

1 Tbs chopped parsley

Pepper

2 Tbs breadcrumbs

**For sprinkling:**

Sesame seeds

Poppy seeds

**Method**

1. Preheat oven to 220.
2. Line a tray with baking paper.
3. Dice onion, and chop bacon finely.
4. Combine onion and ½ beaten egg in a large bowl with the minces and bacon.
5. Add 2 Tbs breadcrumbs, pepper, tomato sauce, Worcestershire sauce and chopped parsley. Divide filling mixture into 2 portions.
6. Cut pastry in half.
7. Place equal amounts of filling mixture along the centre of each pastry piece.
8. Brush each pastry along one wide edge with beaten egg to seal, roll from the other end lengthwise to enclose the filling.
9. Place the rolls on the lined tray with the seam underneath.
10. Cut each sausage roll into 3 or 4 rolls.
11. Allow room between rolls to cook evenly.
12. Using a fork, gently prick top of each roll.
13. Brush the pastry with beaten egg.
14. Sprinkle sesame seeds or poppy seeds on top.
15. Bake for about 15 minutes or until golden brown.
16. Serve hot with tomato sauce or BBQ sauce.

**Learning Intention**

To learn how sausage rolls can be adapted to suit taste and nutritional value.

1. Why is it so important to face the seam down after rolling them?
2. How could you change this recipe to suit your taste buds?
3. What could you add to the recipe to make it healthier?