

Fate Sausage Rolls

Ingredients

Filling

150g sweet potatoes, peeled and grated*

150g onion, peeled and finely chopped

150g mushrooms, finely chopped*

20g butter

2 tablespoons tomato purée

½ teaspoon dried thyme

½ teaspoon dried sage/oregano

Salt & pepper to season

* may need to count as exchanges

Pastry

250g Fate All-Purpose Mix, little extra for dusting

½ teaspoon salt

125g butter/block margarine

50ml water

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. To make the vegetable filling, put a large frying pan over a gentle heat, and when the pan is hot, add the butter. Add the grated sweet potato, chopped onion and mushrooms and stir well. Cook for 5-10 minutes until the vegetables are softened and browned. The heat must be kept high to ensure the moisture from the vegetables evaporates.

2. Stir in the tomato purée, thyme and sage/oregano. Season with salt & pepper to taste. Leave to cook for another few minutes and then leave to cool.
3. To make the pastry, put the All-Purpose Mix into a mixing bowl and stir in the salt. Rub in the margarine/butter until the mixture resembles fine breadcrumbs, and then continue mixing until it resembles coarse breadcrumbs.
4. Add the water and mix quickly with a metal spoon until smooth.
5. Lightly dust the work surface with extra mix and knead the pastry for about a minute until it's smooth.
6. To put the sausage rolls together, dust the work surface again and take about half of the pastry and roll it out into a strip about 8/9cm wide and ½cm thick.
7. Place spoonfuls of the vegetable mixture in a line down the middle of the strip of pastry.
8. Moisten the edges with water and then gently fold the edges together to enclose the vegetable mixture. Press down lightly to seal the edges.
9. Cut into the desired size and repeat with the remaining pastry and vegetable mixture.
10. Place on a baking tray and bake in the preheated oven for 10-15 minutes until cooked and golden brown.

This recipe was provided by Fate low protein foods

National Centre for Inherited Metabolic Disorders