

Sausage Rolls

Makes: 8 sausage rolls

Exchanges: ½ exchange for 2 sausage rolls

Ingredients

Pastry

2g salt

500g low protein all-purpose mix

300g butter

175mls of cold water

Filler

4 Sachets of Promin sausage mix

200mls water (50mls per sachet)



Method

1. For the pastry, rub the fat low protein all-purpose mix and cold butter gently with your fingertips so pieces of butter remain.
2. Dissolve 2g of salt in your 175mls of cold water and add to the mixture slowly and mix together with your hand to form a ball.
3. Wrap the dough in cling film and leave to rest in the fridge for 10 mins.
4. Dust your worktop with low protein mix and roll out the pastry, fold 1/3 of the pastry into the centre on one side, and the other 1/3 of the pastry into the centre on the other side. Repeat 4 times and roll out the pastry each time, this created the folds in the pastry.

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5. Cut the pastry dough into 8 even rectangles.
6. For the filling, add 1 sachet of the sausage mix to a separate bowl and slowly add water accordingly until it can be mixed up and formed into 2 sausages.
7. Repeat with another 3 sachets to create 8 sausages in total.
8. Place a sausage onto each piece of pastry dough and roll them up, ensure each side is sealed using the pressure of a fork and pierce each roll 3 times to ensure they will cook well.
9. Place the 8 sausage rolls onto a cooking tray that's dusted with low protein mix. Brush with some low protein milk to allow colour when cooking.
10. Cook in the oven at 180 degrees Celsius for 20-25 mins until the pastry has a slight golden brown colour.