

Basic Sausage Rolls

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 36 rolls

3 sheets ready-rolled puff pastry
2 eggs, lightly beaten
1 1/2 pounds ground sausage
1 onion, finely chopped
1 clove garlic, crushed
1 cup fresh breadcrumbs
3 tablespoons fresh parsley, chopped
3 tablespoons fresh thyme, chopped
1/2 teaspoon ground sage
1/2 teaspoon ground nutmeg
1/2 teaspoon black pepper
1/2 teaspoon ground cloves

Preparation Time: 30 minutes

Cook Time: 15 minutes

Preheat the oven to 400 degrees.

Cut the pastry sheets in half. Lightly brush the edges with some of the beaten egg.

In a skillet, cook the onion and garlic in butter until the onion is softened.

In a large bowl, mix one-half of the remaining egg with the saute'd onion and garlic and the remaining ingredients. Divide into six even portions. Pipe or spoon the filling down the center of each piece of pastry. Then brush the edges with some of the egg.

Fold the pastry over the filling, overlapping the edges and placing the join underneath. Brush the rolls with more egg, then cut each into six short pieces.

Cut two small slashes on top of each roll. Place the rolls on lightly greased baking trays.

Bake for 15 minutes. Reduce the oven temperature to 350 degrees. Bake for another 15 minutes or until puffed and golden.

Per Serving (excluding unknown items): 339 Calories; 13g Fat (33.4% calories from fat); 19g Protein; 38g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 396mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	339	Vitamin B6 (mg):	.3mg
% Calories from Fat:	33.4%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	44.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	21.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	13g	Folacin (mcg):	108mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	424mg	% Daily Values:	n n%
Carbohydrate (g):	38g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1 1/2
Protein (g):	19g	Lean Meat:	1 1/2
Sodium (mg):	396mg	Vegetable:	2
Potassium (mg):	512mg	Fruit:	0
Calcium (mg):	192mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	1 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	36mg		
Vitamin A (i.u.):	1444IU		
Vitamin A (r.e.):	235 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 339 **Calories from Fat:** 113

% Daily Values*

Total Fat 13g	19%
Saturated Fat 4g	19%
Cholesterol 424mg	141%
Sodium 396mg	17%
Total Carbohydrates 38g	13%
Dietary Fiber 5g	22%
Protein 19g	
Vitamin A	29%
Vitamin C	60%
Calcium	19%
Iron	33%

* Percent Daily Values are based on a 2000 calorie diet.