

Spicy Beef 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 beef
1 onion, finely chopped
1 - 2 cloves garlic, crushed
1 cup fresh breadcrumbs
3 tablespoons fresh parsley, chopped
3 tablespoons plain flour
3 tablespoons tomato sauce
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
2 teaspoons ground allspice

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): 2480 Calories; 193g Fat (70.8% calories from fat); 133g Protein; 46g Carbohydrate; 5g Dietary Fiber; 1003mg Cholesterol; 2312mg Sodium. Exchanges: 1 1/2 Grain(Starch); 18 Lean Meat; 3 Vegetable; 28 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2480	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	70.8%	Vitamin B12 (mcg):	19.3mcg
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	21.8%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	193g	Folacin (mcg):	158mcg
Saturated Fat (g):	77g	Niacin (mg):	34mg
Monounsaturated Fat (g):	84g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	1003mg	% Deficient:	0.0%
Carbohydrate (g):	46g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1 1/2
Protein (g):	133g	Lean Meat:	18
Sodium (mg):	2312mg	Vegetable:	3
Potassium (mg):	2364mg	Fruit:	0
Calcium (mg):	255mg	Non-Fat Milk:	0
Iron (mg):	18mg	Fat:	28 1/2
Zinc (mg):	26mg	Other Carbohydrates:	0
Vitamin C (mg):	55mg		
Vitamin A (i.u.):	1560IU		
Vitamin A (r.e.):	251RE		

Nutrition Facts

Amount Per Serving

Calories 2480 **Calories from Fat:** 1756

% Daily Values*

Total Fat 193g	297%
Saturated Fat 77g	385%
Cholesterol 1003mg	334%
Sodium 2312mg	96%
Total Carbohydrates 46g	15%
Dietary Fiber 5g	21%
Protein 133g	
Vitamin A	31%
Vitamin C	92%
Calcium	26%
Iron	99%

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