

Gourmet Sausage Roll

I cook this at demonstrations all the time. It's very tasty, simple to make, quick and as a result, very popular.

I'm lazy, and rarely make my own puff pastry, even though I used to make it every morning when I worked in the West Indies...boats would dock at English Harbour in Antigua and I would sell homemade pastry to the onboard chefs, we also sold Cornish Pasties which became very famous in the Leeward Isles!

These days, I buy good frozen puff pastry. Not all frozen puff pastry is good, so it's important to look for a high butter content. The Organic Dorset Puff Pastry is wonderful and available in Fallon & Byrne in Dublin. www.dorsetpastry.com for a list of other suppliers.

To make the filling you will need the following,

2lbs good sausage meat

1 shallot, chopped finely

1 lb mushrooms, chopped small

Salt, pepper

Lots of chopped parsley

½ tsp of lemon rind

2 tsp of chopped thyme

1. Saute the onion in a little light oil and leave it to go cold
2. Mix all the ingredients together
3. Roll the pastry a little bit bigger than it is.
4. Basically you're making a big sausage roll, so lay the filling on one side of the pastry
5. Paint all the edges with egg
6. Fold the other side of the pastry over and press together with a fork
7. The put a few fork pricks in the top of the pastry
8. Gently lift this onto a well floured roasting tin. Don't oil the tin, there's enough butter in the pastry.
9. Brush the top of the pastry with the egg too so that it will have a lovely glaze when it's cooked.
10. Bake in a hot oven 200°C for 30 minutes

When this is cooked let it sit before cutting. Serve with a green salad, hard boiled eggs and tomato. It's also great cold, and makes a great picnic.