

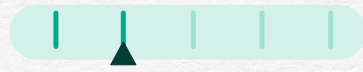
Brooklyn's Sausage Roll



Serves 15



425°F



Difficulty: 2/5

Ingredients

For the Sausage Rolls:

- 3 tablespoons olive oil
- 1 yellow onion, small dice
Kosher salt and freshly ground black pepper
- 3 garlic cloves, minced
- 1 tablespoon whole fennel seeds, freshly ground in mortar and pestle
- 1½ pounds ground pork
- ¾ cups freshly grated Parmesan cheese
- 2 tablespoons Dijon mustard
- 2 large eggs, divided
- 2 sheets frozen store bought puff pastry, thawed but kept chilled
- Flake salt, for sprinkling
- Dijon mustard for serving
- Homemade or store bought ketchup, for serving (recipe on next page)

Instructions

1. To prepare the sausage rolls: in a large skillet over medium heat, warm the olive oil. Add the onion and cook, stirring occasionally, until softened but not browned, about 7 minutes. Season with a big pinch of salt and a few generous grinds of black pepper. Add the garlic and fennel seeds and cook until toasted, about 5 more minutes. Set aside to cool completely.
2. Meanwhile, in a large bowl, combine the pork, parmesan and Dijon mustard with one of the eggs, 1 ½ teaspoons of kosher salt and a few grinds of black pepper. Add the cooled onion mixture and combine mixture thoroughly. Chill mixture while you prepare the pastry.
3. To make the egg wash: in a small bowl, whisk together the remaining egg and 1 teaspoon of water.
4. To shape the sausage rolls: on a lightly floured work surface, roll out the puff pastry sheets into two 10 × 10-inch squares, then cut them in half to create four 5 × 10-inch rectangles. If the puff pastry is too flimsy, return to the fridge for 10-20 minutes to chill. Chilled dough is a lot easier to work with and will result in neater sausage rolls.
5. Working with one rectangle at a time, with the long side facing you, shape ¼ of the chilled sausage mixture into a long cylindrical patty the length of the pastry. Brush the exposed puff pastry with the egg wash, then roll the pastry away from you over the sausage to create a tight roll. Pinch the edges gently to seal.

6. Place on a sheet tray in the fridge while you prepare the other 3 rolls, then chill rolls for 30 minutes before baking.
7. Preheat the oven to 425°F with a rack in the center position. Line a baking sheet with parchment paper.
8. Using a very sharp knife, cut the sausage rolls into thirds (or fourths for smaller bites). Then cut three diagonal 1-inch slits on top of each roll. Brush with egg wash and sprinkle with flake salt.
9. Bake rolls until deep golden brown and puffed up, and internal temperature of the sausage registers between 160F and 170F, about 30-35 minutes.
10. Serve rolls warm with homemade ketchup and Dijon mustard for dipping.



The United

Kingdom

Brooklyn's Sausage Roll

Homemade Ketchup

Ingredients

- 6 oz. tomato paste
- ½ cup granulated sugar
- ½ cup white distilled vinegar
- ¼ cup water
- 2 teaspoons Worcestershire
- 1 whole garlic clove
- ½ onion, stem intact
- ½ teaspoon salt

Instructions

1. In a small saucepan over medium heat, whisk together the tomato paste, sugar, vinegar, water, Worcestershire and minced garlic until smooth. Add the onion, cut side down.
2. Bring mixture to boil, then reduce heat to a simmer and cook until darkened and reduced, about 25 minutes. Remove onion, then add pinch of salt to taste.
3. Remove from heat and cover until cool. Chill and store refrigerated in a covered container.

The origin of the sausage roll is thought to trace all the way back to the Classical Greek or Roman eras. This type of sausage roll became popular in London during the Napoleonic Wars.



The United Kingdom