

Sausage Rolls

Sausage rolls were a mainstay of the Victorian afternoon tea. Make the meat filling first. It can be stored in an airtight container in the refrigerator.

For the pastry

Ingredients

3 cups all-purpose flour
1 tsp. salt
1 cup (2 sticks) butter
1/2 cup shortening
1 egg
1 egg yolk
1 to 4 Tbs. whole milk

Cooking Utensils

knife and cutting board
measuring cup
measuring spoons
large mixing bowl
small mixing bowl
flour sifter
plastic wrap
rolling pin
fork
whisk
cookie sheet

For the glaze

1 egg
1 Tbs. milk

small bowl
fork **or** eggbeater
pastry brush

Sift the flour and salt into a large mixing bowl. Rub in the butter and shortening with your fingertips until a moist, sandlike texture is achieved. In a small bowl whisk the egg, egg yolk, and milk together. With a fork, mix the egg mixture into the dry ingredients to form a soft dough. Add more milk as needed. Shape the dough into a ball and wrap it in plastic. Place the dough in the refrigerator 1 hour. While waiting for the dough to chill make the fillings (see the recipes below).

Preheat the oven to 375°F and grease the cookie sheet. In a small bowl, beat the egg and 1 Tbs. of milk to make a glaze. Cut the chilled pastry in half. Roll one half into a 20 X 10-inch rectangle. Cut the rectangle in half lengthwise to give two 20 X 5-inch oblongs. Place a row of the chicken sausage down the center of each oblong and brush the edges with the glaze.

Fold the pastry over to enclose the filling. Press and pinch the edges together. Cut each roll in half and place them on a greased cookie sheet. Brush the tops and sides of the rolls with the glaze. Make incisions at 1-inch intervals that are 3/4 of the way through the roll. Repeat the process with the pork filling. Bake 20 to 25 minutes or until golden brown. Let cool slightly before cutting all the way through the incisions. Sausage rolls can be made in advance of the tea and reheated before serving. Serve hot. Makes 30 small rolls of each type.

For the filling

Chicken

1 lb. chicken breast	knife and cutting board
1/2 lb. pork	measuring cup
1/4 lb. bacon	measuring spoons
1/2 cup fresh white bread crumbs	food processor
1 tsp. ground mace	small bowl
1 tsp. salt	eggbeater or fork
1 tsp. fresh ground pepper	
1 egg	
4 Tbs. cream	
4 Tbs. fresh parsley	
flour	

Dice the chicken breast. Remove the crusts and make the bread crumbs. Finely chop the parsley. In a small bowl beat the egg with the cream. In a food processor blend the chicken, pork, and bacon until it has a fine consistency. Add the bread crumbs, seasonings, and egg mixture. Blend thoroughly. Add the parsley and mix lightly. Flour a surface and turn the mixture out onto it. Divide the mixture in half and shape each half into a sausage about 20 inches long. Makes 2 lbs. of filling.

Pork

1 1/4 lbs. pork loin	knife and cutting board
1 apple	measuring cup
1 cup fresh white bread crumbs	measuring spoons
2 tsp. rubbed sage	food processor

1/2 tsp. ground mace

small bowl

1 tsp. salt

eggbeater **or** fork

1 tsp. fresh ground pepper

1 egg

1 Tbs. cream

flour

Dice the pork. Remove the crusts and make the bread crumbs. Peel and slice the apple. In a small bowl beat the egg with the cream. In a food processor process the pork until finely ground. Add the apple and process 1 minute. Add all the remaining ingredients and blend well. Flour a surface and turn the mixture out on to it. Divide the mixture in half and shape each half into a sausage about 20 inches long. Makes 2 lbs. of filling.