



## MATTY'S 'HANDSHAKE WORTHY' CARAMELISED ONION AND APPLE SAUSAGE ROLLS



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Series 14

Matty's handshake worthy pork and apple sausage rolls are made with a quick flaky pastry. This is a great way of achieving a buttery, crisp and flaky pastry in a fraction of the time it takes to make puff.

If you've never tried it before, give it a go!

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Makes:	Difficulty:	Hands-On Time:	Baking Time:
12-14	Easy	30-40mins (plus chilling)	25-30mins

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### INGREDIENTS

[Watch Matty make this recipe](#)

#### For the flaky pastry

250g unsalted butter, frozen, grated

400g plain flour

1 tsp sea salt

1 tsp black pepper

180–200ml water to bind

1 large egg, for egg wash

#### **For the caramelised onions**

2 medium brown onions, finely sliced

1 granny smith apple (peeled, cored and grated)

1 tbsp unsalted butter

1 tbsp olive oil

2 tsp black pepper

Pinch of flaky sea salt

1 tbsp light brown sugar

#### **For the sausage mix**

800g sausage meat

2 garlic cloves, crushed

1 tsp flaky sea salt

1 tsp chilli flakes

12 sage leaves, finely sliced

2 tsp black pepper

1 granny smith apple (peeled, cored and grated)

#### **For the decoration**

2 tsp sesame seeds

Cracked black pepper

Flaked sea salt

Sage leaves



## **METHOD**

### **Step 1**

**To make the pastry,** add the flour, salt and black pepper into a bowl and combine. Remove the butter from the freezer and grate half, then combine into the flour. Grate the second half of the butter and combine into the flour. Doing this in batches helps the butter incorporate better and stay cold.

## Step 2

Use a bread knife to cut the ingredients into a fine crumb. Next, add enough water to form the pastry into a ball that cleans the bowl – begin by using 180ml water. Take care not to add too much, or it will make the pastry tough and difficult to work with.

## Step 3

Use your hands to form the pastry into a ball, taking care not to overwork it and wrap in cling film, then place in the fridge for 40 minutes.

## Step 4

**For the caramelised onions,** start by placing the butter and oil in a frying pan on a low-medium heat. Finely slice the onions and cook for 5-10 minutes until softened. Meanwhile, peel and grate the apple then add to the frying pan and allow to cook down until most of the moisture has evaporated.

## Step 5

Season the mix with salt and pepper. once the onions have softened, add the sugar and continue to cook through until caramelised. Remove the pan from the heat and spread the mixture onto a plate or baking tray to cool down.

## Step 6

**For the sausage filling:** Add the sausage meat, garlic, salt, pepper and chill into a bowl. Finely slice the sage leaves then peel, core and grate the apple, and add to the bowl. Use your hands to combine the ingredients fully and then place into a large piping bag. If you don't have a piping bag, divide the mixture into two even portions. Roll out two lengths of cling film approx. 40cm long. Place the sausage meat along each length and then roll tightly into a long, even sausage and place in the fridge to chill until firm.

## Step 7

**To roll the pastry,** lightly dust the worktop and divide the large ball of pastry into two portions. Place one of the portions onto the floured worktop, lightly dust again with flour and roll to a long strip approximately 40x20cm. Take care not to add too much flour or you will dry out the pastry.

## Step 8

Pipe or place one of the sausage logs 5cm in from the edge (removing from the cling film if you used that method). Scatter half of the onion mixture evenly across the sausage meat and then roll the pastry over, encasing the filling. Roll tightly and then use a sharp knife to remove any excess pastry.

## Step 9

Cut the sausage roll into roughly 7cm portions and place on a baking sheet. Repeat this process with the second half of the mix.

## Step 10

To egg wash, brush the pastry with beaten egg, and then place in the fridge for 30 minutes.

## **Step 11**

Pre-heat the oven to 220°C/200°C fan/425°F/Gas 7.

## **Step 12**

Egg wash the sausage rolls again, and then using a small sharp knife score each with 3 diagonal lines and sprinkle with sesame seeds, salt, pepper and a sage leaf.

## **Step 13**

Bake for 25–30 minutes, or until golden brown.