



Sausage and apple catherine wheels



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Ingredients



375g sheet ready rolled puff pastry or a packet of ready to roll puff pastry

The filling:-

150g sausagemeat

½ Bramley apple or Cox's orange pippin

5 sage leaves

1 egg

Sage leaves for garnish





Equipment



- Flour dredger
- Chopping board
- Scissors
- Vegetable knife
- Pastry brush
- Fork
- Vegetable peeler
- 2 mixing bowls
- 1 or 2 baking trays
- Palette knife or fish slice
- Rolling pin (if not using ready rolled pastry)



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Prepare the filling

1. Pre-heat the oven to 220°C, Gas 7. Put the sausage meat in a bowl and then use scissors to snip the sage leaves into the same bowl. Mix well.

2. Put some flour on your hands and on the board. Make the mixture into a sausage shape. Divide into 6 circles.





Prepare the topping

3. Cut the apple in half. Peel the apple and remove the core.



4. Cut the apple into quarters. Slice each quarter thinly.





Make the pastry shapes

5. On the table unroll the pastry. Keep the wrapping in place.



6. Divide the whole piece into 6 squares. In each square make diagonal cuts from each corner towards the centre of each square (look at the photograph).





Assemble the catherine wheels

7. Place a circle of sausage mixture and some apple slices in the centre of each pastry square.



8. Fold each alternate pastry point over the filling, to form the wheel.





Bake

9. Place the wheels on a baking sheet.

10. Glaze each with the beaten egg.

11. Bake in the pre-heated oven for 25 minutes, until the pastry is well risen, firm and golden brown.





Serve

12. Use oven gloves to remove the tray from the oven. Remove the wheels carefully, with a fish slice.



13. Place on a plate and garnish with a few sage leaves.





What about?

Serving these with the layered coleslaw and the Autumn roasted vegetable soup at a Bonfire Night party?

What other types of fillings can you suggest using local or seasonal produce?

