



There's a tale behind this. no Sausages were harmed in the creation of this dish. We had a visitor over Christmas who raided the local Continental Shop and bought various items, some of which were a mystery. The E252 (Potassium nitrate) in the smallest possible print on the ingredients label might have been a give-away if any of us had been able to read it without a microscope. This raw mince was described as Spiced Minced Pork. It was actually spicy raw Sausage meat! So when Sue set about making a Bolognaise sauce with it, it soon became clear that we needed to change tack?..

Ingredients:-

500g of Sausage meat
1 Large Onion, chopped
2 cloves of Garlic, minced
Mixed Herbs
Dried Basil
Dried Oregano
Salt & Pepper
Puff Pastry (Gluten free for us)
A beaten Egg and Milk for an Egg wash
Oil to fry

Method:-

- (1) Fry the Onion and Garlic until translucent.
- (2) Add the Sausage meat and herbs and fry on a low heat until cooked through.
- (3) Season to taste.
- (4) Set aside to cool.

- (5) Line an oven tray with Pastry.
- (6) Add the cooked Meat and press flat with a spoon.
- (7) Cut the remaining Pastry into strips and form a lattice over your Meat.
- (8) Brush with the Egg wash. (We sprinkle on some ground roasted Pumpkin seeds for a bit of colour)
- (9) Cook in the oven at 180c for 45 minutes.

We didn't actually eat this monster portion, we'll be snacking on the remaining half today. At £1.99 for 500g the Sausage meat was actually about half the price of the supermarket equivalent.