Dear Teachers,

When cooking Australian recipes with your students, please be sure to tell them that they should always be supervised by a teacher/parent/guardian as using ovens/knives can be dangerous. Thank you!

Australian Recipes

6. Sausage Rolls

Ingredients (Makes 8)

250g ground beef

1 tablespoon chopped parsley

1 tablespoon plain flour

1/2 teaspoon salt

Pepper

1/4 cup water

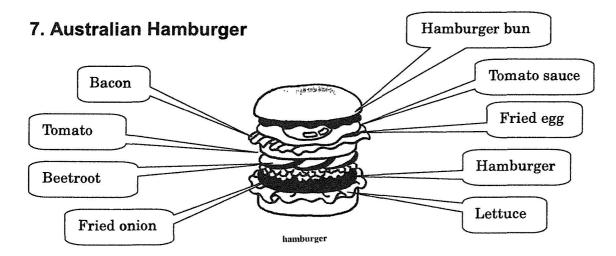
2 pieces frozen pie sheet (crust)

1 egg

Attention!

This recipe uses Japanese cup sizes. 1 cup is equal to 200ml in Japan.

- 1. Put the ground meat, flour, a bit of pepper, and water in a frying pan, fry over medium heat for about 5 minutes.
- 2. Pour the meat onto a plate and cool.
- 3. Cut each piece of pie sheet into 4 equal squares.
- 4. Place 1/8 of the meat on each square, little off the centre, in bar-like shape.
- 5. Fold one side of the pie sheet over the meat.
- 6. Fold over the other side of the sheet.
- 7. Press the edge of the pie sheet with the back of a kitchen knife so that it does not come off.
- 8. Lightly brush the outside of each roll with beaten egg.
- 9. Bake in preheated oven at 220 to 260°C for 15 minutes.
- 10. Sprinkle over chopped parsley.



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