



French Onion Sausage Roll



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Introduction

French Onion Sausage Rolls are a delightful twist on the traditional sausage roll, bringing together the rich flavors of caramelized onions and savory sausage in a flaky pastry. Perfect for gatherings, parties, or as a tasty snack, these rolls are easy to make and will impress your guests with their delicious taste and beautiful presentation.

Detailed Ingredients with measures

- Puff pastry (1 sheet)
- Ground sausage (1 pound)
- Caramelized onions (1 cup)
- Grated Gruyère cheese (1 cup)
- Fresh thyme leaves (1 teaspoon)
- Salt (to taste)
- Pepper (to taste)
- Egg (1, for egg wash)

Prep Time

Preparation Time: 30 minutes

Cook Time, Total Time, Yield

- Cook Time: 25 minutes
- Total Time: 55 minutes
- Yield: 12 sausage rolls



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Detailed Directions and Instructions

Step 1: Prepare the Filling

Begin by heating olive oil in a large skillet over medium heat. Add sliced onions and cook for about 10-12 minutes until they are softened and golden. Stir in the garlic and cook for an additional 1-2 minutes until fragrant. Next, incorporate cooked sausage into the skillet and mix well. Remove from heat and allow the mixture to cool slightly.

Step 2: Roll Out the Puff Pastry

On a lightly floured surface, roll out the puff pastry sheets to a thickness of about 1/8-inch. Cut each sheet into rectangles, approximately 6×4 inches in size.

Step 3: Assemble the Rolls

Place a generous amount of the sausage and onion filling in the center of each pastry rectangle. Be careful not to overfill. Fold the pastry over the filling to create a roll, pressing the edges to seal. Use a fork to crimp the edges and ensure they are securely closed.

See also Instant Pot Ground Beef and Pasta Recipe

Step 4: Prepare for Baking

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange the sausage rolls on the lined baking sheet, leaving space between each one.

Step 5: Add an Egg Wash

In a small bowl, whisk together an egg and a tablespoon of water. Brush

this egg wash over the tops of the sausage rolls to achieve a golden finish when baking.

Step 6: Bake the Sausage Rolls

Place the baking sheet in the preheated oven and bake for 20-25 minutes or until the pastry is golden brown and puffed.

Step 7: Cool and Serve

Once baked, remove the sausage rolls from the oven and allow them to cool on a wire rack for a few minutes. Serve warm, and enjoy!

Notes

Storage

Leftover sausage rolls can be stored in an airtight container in the refrigerator for up to 3 days.

Freezing Tips

You can freeze unbaked sausage rolls for later use. Just follow the recipe until the rolling step, then freeze them on a baking sheet before transferring to a freezer bag. Bake directly from frozen, adding a few extra minutes to the cooking time.

Customization Ideas

Feel free to experiment with different types of sausage or add additional spices to the filling for a unique flavor profile. You could also mix in shredded cheese or herbs.



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Cook techniques

Caramelizing Onions

Slowly cook sliced onions over low heat to enhance their natural sweetness, stirring frequently until they are golden brown and soft.

Using Puff Pastry

Roll out store-bought or homemade puff pastry to create a flaky and light exterior for the sausage rolls, ensuring an even thickness.

See also Crispy Fried Okra

Seasoning Your Filling

Mix the sausage meat with fresh herbs, spices, and caramelized onions to enhance the flavor profile of the filling.

Shaping Sausage Rolls

Place the filling in the center of the pastry, fold it over, and seal the edges with a fork for a professional look.

Egg Wash for Glaze

Brush the assembled sausage rolls with a beaten egg before baking to achieve a golden and shiny finish.

FAQ

Can I use a different type of sausage?

Yes, you can substitute the sausage with any variety you prefer,

including chicken, turkey, or vegetarian options.

How long do the sausage rolls take to bake?

Typically, the sausage rolls should bake for about 20-25 minutes at a preheated oven temperature until golden brown.

Can I freeze the sausage rolls?

Absolutely! You can freeze either the uncooked or cooked sausage rolls. Just make sure to wrap them tightly before storing.

What can I serve with sausage rolls?

Sausage rolls pair well with a variety of dips and sauces, such as mustard, ketchup, or a sweet chili sauce.

How do I store leftover sausage rolls?

Store any leftover sausage rolls in an airtight container in the refrigerator for up to three days. Reheat them in the oven for the best texture.



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Conclusion

Delighting in French Onion Sausage Rolls combines rich flavors of caramelized onions and savory sausage, making it an ideal appetizer or snack for gatherings. The flaky pastry envelops the delicious filling, providing a satisfying crunch with every bite. This dish is not just a treat for taste buds but also easy to prepare, ensuring a delightful cooking experience.

See also [Strawberry Lemon Blondies](#)

More recipes suggestions and combination

Spinach and Feta Puff Pastry Bites

A fantastic option for those who enjoy a combination of greens and cheese wrapped in golden, flaky pastry.

Buffalo Chicken Rolls

Bring a spicy kick to your gathering with these rolls that are loaded with shredded chicken tossed in buffalo sauce.

Cheesy Garlic Breadsticks

Perfect as a side dish, these breadsticks offer a cheesy and garlicky flavor that pairs well with various meals.

Mushroom and Brie Croissants

For a touch of elegance, try these croissants filled with creamy brie and earthy mushrooms, an excellent option for a brunch.

Savory Tomato and Mozzarella Tart

Highlighting fresh ingredients, this tart combines ripe tomatoes and creamy mozzarella for a light yet satisfying dish.

Pork and Apple Sausage Rolls

A sweet and savory twist on traditional sausage rolls, combining the flavors of ground pork and juicy apples for a unique taste profile.



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