



# BEEF AND CHORIZO HERBY SAUSAGE ROLLS

*Preparation time: 30 - 40 minutes*

*Cooking time: 20 - 25 minutes*

*Skill level: Easy!*

## INGREDIENTS

- 8 beef sausages
- ½ an orange pepper (finely chopped)
- 40g chorizo (finely chopped)
- 10g chives (finely chopped)
- 2g thyme (finely chopped)
- 70g Nuttimalt (plus extra to sprinkle on top)
- 10g malt extract (for frying)
- 1 beaten egg (for glazing)
- 1 pack of ready-roll puff pastry

## TIP

These are delightful served whilst still warm.

## METHOD

Fry the chorizo and chopped peppers in 10g of malt extract on a low heat in a pan on the hob until the peppers are soft, then remove from the heat. Make a slit in the sausages and remove their casings, then place the meat mixture in a bowl along with the herbs, Nuttimalt and the fried chopped chorizo and peppers. Mix the ingredients together into a firm ball, then roll into a sausage shape (about the length of your pastry), wrap in clingfilm and chill in the fridge for about 10 minutes.

Unroll the pastry and place on a clean work surface. Place the sausage along one of the longest edges of the pastry leaving space from the edge. Fold over the edge furthest away from you around the filling, keeping it as close to the meat as possible. Seal tightly and place on a greased baking tray. Brush the pastry with beaten egg then carefully sprinkle some Nuttimalt over the top. Chill in the fridge for another 10 minutes then slice into your desired lengths. Preheat your oven to 200°C. Cook for approximately 20 minutes until the pastry has puffed and become golden brown.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

**DID YOU KNOW?**



# MALT..

*the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Using beef sausage meat along with chorizo makes a tasty sausage roll with a little kick. Peppers add sweetness and thyme brings fragrantcy. Nuttmalt in the filling and as a top dressing however adds a real depth of flavour, boosts the meaty texture and just makes them generally more appealing to the eye. Frying the chorizo and peppers in malt extract introduces a subtle sweetness, enhances flavours and introduces a pleasing shine to the filling.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

## About Nuttmalt...

Nuttmalt is kibbled malted wheat made by coarsely cutting malted wheat grains into delicate pieces which are similar in texture to nuts and is a very versatile ingredient - a real 'must have' for your ingredients cupboard and can be purchased from the Bakery Bits website in a 500g pack.

<http://bakerybits.co.uk/catalogsearch/result/?q=nuttmalt>

[www.muntons.com](http://www.muntons.com)

  
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Passionate about malt