

Puff it up

Pastry on the road is easier than ever thanks to rigs with all the mod cons.

Sundays are all the better when you can sit by a fire in the lounge, or on the deck soaking up the atmosphere, and all of a sudden, out of the oven comes tasty little morsels wrapped in pastry. It just doesn't get better.

Baking pastry on the road is always touch and go. But with so many crossover camper trailers these days it is not unusual to find a mini oven or grill

as part of your rig.

This is where pastry comes in and makes it easy to go from boring beef stew to tasty beef pie.

People say that there is nothing you can't put between two pieces of bread. Well, the same could be said for pastry. After all, the Brits gave us the beef Wellington – half a cow wrapped in pastry. Of course there are more delicate

offerings but it goes to show you that there are no limits when it comes to this doughy substance.

Of course you could make your own but the pre-packaged variety you get from the freezer section of your local supermarket is just fine in my books.

Have a go at these recipes and next time try different fillings, you can use any bits and pieces you have around. ■

“There are no limits when it comes to this doughy substance”



THAI CHICKEN SAUSAGE ROLLS

A bit of a spin on your standard sausage rolls, as the chilli adds a bit of zing. Serve them with a sweet chilli dipping sauce.

Makes 24

- 200g chicken breast, roughly chopped
- 150g mild pancetta, chopped
- 1 clove garlic, crushed
- 3 spring onions, chopped
- 2T fresh coriander, chopped
- 2 chillis, seeded and finely chopped
- 1t fish sauce
- 1 egg
- 1t freshly grated ginger
- 375g puff pastry
- 1 egg yolk
- 2T sesame seeds
- Sweet chilli sauce to serve

Method

Preheat your oven to 180°C. Mix the chicken, pancetta, garlic, spring onion, coriander, chilli, fish sauce, whole egg and ginger in a food processor until combined. Cut the pastry square in half. Roll a ball of filling into a long sausage shape and place it along the edge of your pastry. Brush the edges with a little water and fold over, pressing down to seal. Repeat the process until all of the ingredients are used. Cut the sausage rolls into 3cm lengths. Brush with the egg yolk and sprinkle with sesame seeds. Bake for 15 minutes or until golden brown.

CHORIZO PASTRY PUFFS

These flaky little numbers are filled with chorizo sausage, and go down well with a cold beer. Use any kind of hard cheese but make it a mild variety as the sausage has a lot of flavor.

Makes 16

- 225g puff pastry
- 110g chorizo sausage, finely chopped
- 50g grated cheese
- 1 beaten egg
- 1t paprika

Method

Preheat your oven to 220°C. Using a three inch cookie cutter (an old tin will suffice if you're in the sticks), stamp out as many rounds as possible given the amount of pastry. Combine the chorizo and cheese together in a bowl then place a little of the mixture on the pastry. Fold the circle of pastry in half and pinch closed, repeating the process until all of the puffs are assembled.

Place on a non stick baking tray. Lightly brush with the beaten egg and sprinkle with paprika to taste. Bake for 10 minutes or until golden brown.



ROASTED VEGGIE ROLL-UP

We had some roasted veggies left over and decided that they might be nice turned out with a bit of pastry blanketing them.

Makes 24

- 1 zucchini, sliced lengthways
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, sliced in rings
- 1 punnet sliced mushrooms
- 2 cloves garlic, crushed
- 375g puff pastry
- 1 egg yolk for glazing
- Olive oil for roasting

Method

Bake all the ingredients except the egg and pastry at 200°C until cooked. Remove from the oven and allow to cool at room temperature. Cut the pastry squares in half and then layer the vegetables along the length of alternating the veggies as you go. Tightly roll the pastry up, sealing the end with a little water. Cut the rolls into 3cm pieces then place them on a non stick baking tray. Brush with the egg yolk. Cook for 10 to 12 minutes or until golden brown.

