

# Beetroot, Lamb & Feta Sausage Rolls

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# Gather & Feast

These sausage rolls are a sure winner and could easily become your new go-to recipe. The salty feta, earthy sweet beetroot, along with the spices and lamb, are simply perfect. They're wrapped in flaky, buttery pastry and paired with a delicious honey garlic yogurt dip. They make for the perfect addition to your next lunch or dinner party, a great accompaniment for drinks, or a simple picnic snack.

**MAKES** 24 mini sausage rolls | **PREP TIME** 30 min | **COOK TIME** 30 min | **TOTAL TIME** 60 min

## INGREDIENTS

### Sausage rolls

- 500g lamb mince
- 200 to 220g freshly grated beetroot (roughly 1 large or 2 smaller beets, about 1 1/2 cups once grated)
- 200g feta, roughly crumbled
- 3 fresh cloves garlic, freshly grated or crushed (I prefer 3 cloves, but if you prefer a milder garlic flavour, add 2)
- 1 tablespoon whole fennel seeds, crushed
- 1 teaspoon whole coriander seed, crushed
- 1/2 teaspoon Aleppo pepper or pinch of chili flakes to your taste
- 1/2 teaspoon sea salt

- 1 egg, lightly whisked
- 1 x 375g sheet butter puff pastry (I use the brand 'Careme')
- 1 tablespoon whole fennel seeds
- 1 tablespoon black sesame seeds
- Flakey sea salt

### Honey garlic yoghurt (for dipping)

- 1 cup thick unsweetened Greek yoghurt
- 1 small garlic clove, freshly grated or crushed (about 1/2 teaspoon)
- 2 teaspoons honey
- 1 teaspoon white wine vinegar
- Salt to taste

## METHOD

### Sausage rolls

1. Preheat your oven to 200°C/390°F.
2. In a large bowl, combine the lamb mince, grated beetroot, feta, garlic, fennel and coriander seeds, Aleppo pepper or chili flakes, salt, and 2/3 of the whisked egg. Keep the remaining whisked egg aside for the egg wash.
3. Mix well with your hands to thoroughly incorporate the beetroot, feta, and spices into the lamb.
4. Set the mixture aside while you prepare the pastry.
5. In a separate bowl, combine the remaining egg mixture with about a tablespoon of water and whisk to combine. Set it aside.

6. Place the pastry sheet horizontally and slice it into three equal parts.
7. Divide the filling into 3 equal parts, forming long log shapes and placing them in the centre of each piece of pastry.
8. Press the filling out to the ends of each piece of pastry, creating an even, long log down the centre.
9. Brush one side of the pastry with the egg wash. Then, gently lift and fold the other side of the pastry up and over the filling. Lift the egg-washed side and do the same, gently pulling it up and over and pressing it into the other side of the pastry. They should overlap slightly. If not, gently pull and press together so they do. Don't worry if this part looks a little rugged; it will end up being the bottom of the sausage roll.
10. Turn the whole log over, seam side down, and gently press it into shape. Repeat with the remaining two pieces.
11. Slice each log into halves, then halve them again, and again, creating eight pieces from each log.
12. Arrange the pieces on 2 paper-lined baking trays.
13. Brush the tops of the sausage rolls with a little egg wash, then sprinkle with fennel seeds, black sesame seeds, and flakey salt.
14. Bake at 200°C/390°F for 15 minutes, then reduce the oven temperature to 180°C/350°F and bake for an additional 10-15 minutes at 180°C/350°F. Now is a good time to make the honey garlic yoghurt.
15. After baking, immediately transfer the sausage rolls to a wire rack to maintain a crisp texture on the base.
16. Serve them warm with the honey garlic yoghurt and enjoy!

### **Honey garlic yoghurt**

1. In a small bowl combine the yoghurt, garlic, honey, and white wine vinegar. Stir to combine.
2. Taste for salt and add to your preference. I usually find a generous pinch is perfect.
3. Set the yogurt mixture aside in the fridge until ready to use.

### **NOTES**

The recipe calls for 3 garlic cloves, but if you prefer a milder garlic flavour, simply reduce the amount to 2.

The Aleppo pepper adds a mild, fruity heat, but you can adjust the spiciness to your preference by using a pinch of chili flakes. Taste and adjust accordingly.

I mention using 'Careme' brand butter puff pastry, but you can use any good-quality butter puff pastry available to you.

I like to use one sheet of pastry cut into three and stretch it over the filling. This preference results in less pastry and a more even layer around the filling. However, if you find this method too fiddly to make or if your pastry sheet is smaller and weighs less than 375g, simply use 2 pastry sheets and cut them in half instead of 3. Then, use 3 out of those 4 sections for the sausage rolls. This will make rolling easier. Simply egg wash one side of the pastry and roll the other side onto it, pressing down to secure. Repeat the recipe as above.

I usually prepare the honey garlic yoghurt while the sausage rolls are cooking. However, you can also prepare it up to a day ahead and keep it covered in the fridge.

For baking, the initial higher temperature is for quick puffing, while the lower temperature ensures the filling cooks through without burning the pastry. If you know your oven runs on the hotter side, check them 5 minutes earlier.

Placing the sausage rolls on a wire rack immediately after baking is essential to maintain the crisp texture on the bottom. Don't skip this step.

Leftovers of the sausage rolls and yoghurt will keep in the fridge for 3-4 days. Simply reheat the sausage rolls in the oven at 180°C/350°F for about 10-15 minutes.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/beetroot-lamb-feta-sausage-rolls>*

Let me know if you make the recipe! x **@gatherandfeast**