

Historic Cooking

EPISODE 3

A kitchen counter with various baked goods and a bowl of shredded meat. In the center is a glass bowl filled with shredded, reddish-brown meat. To the left is a wooden cutting board with several sliced sausage rolls. In the background is a long, braided loaf of bread. To the right is a plate with several rectangular pastries. A person's hand is visible in the upper right corner.

SAUSAGE ROLL

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WW2

WW2 BEEF ROLL

ORIGINAL RECIPE SOURCE: *J.J. Calcot's Cookbook*

1941 Army Cookbook

This recipe book was found in a loft in Coventry. It was written in 1941 by Pvt. J.J. Calcot who it seems was an army cook for hundreds of soldiers.

This book is filled with detailed diagrams and contains many recipes - but ones that we might not make in the same way today.

This sausage roll recipe uses beef instead of pork and the original recipe calls for a very high amount of salt - possibly to help replenish the salts that the soldiers were losing during their duties.





INGREDIENTS

Original

We are using

10 lb (4.54 kg) Lean beef
5 lbs (2.27 kg) Fat meat
7 lbs (3.17 kg) Bread
4 ¾ p (2.25 L) Water

280 g Lean beef
140 g Fat meat
200 g Bread,
140 ml Water
2 Eggs

Sausage seasoning to taste

1lb (450 g) Salt
4 oz (113 g) Pepper
1 oz (28 g) Coriander seeds
1 oz (28 g) Mace
½ oz (14 g) Nutmeg
½ oz (14 g) Mustard
pinch of Ginger

Sausage seasoning to taste

6 g Salt
4 g Pepper
2 g Coriander seeds
2 g Mace
1 g Nutmeg
1 g Mustard
pinch of Ginger

METHOD

1. Cut the beef into medium chunks and remove any silver skin or sinew, then put your cubes into a large mixing bowl.
2. Tear the bread into similar size chunks and put into the bowl.
3. Next mix all your seasonings in a small bowl.
4. Add you seasoning and water into the larger bowl.
5. Mix with your hands and make sure everything is evenly coated.
6. Next we need to grind this mixture twice.

7. Using a medium grind plate on your grinder start passing your mixture through.
8. Once you have ground it once, load your hopper with the mince and pass it through the hopper again a second time.
**Toms top tip* if you are grinding your own meat then I would suggest placing your mixed cubes of meat on a baking tray and place into the freezer with the grinder attachment for 10-20 minutes. This will help firm the mixture and help it grind easier.*
9. Once the mixture has gone through the grinder twice, give it a little mix with your hand or wooden spoon to make sure everything is incorporated.
10. Roll the paste so it is 1/8 inch thick in a long rectangle.
11. Place a line of sausage meat 1 inch from edge closest to you.
12. Crack your eggs into a bowl and whisk them for the egg wash.
13. Egg wash the edge closed to you.
14. Then fold the other side of the pastry over the meat and on top on the side you just egg washed.
15. With a fork, crimp the edge down and then using a knife trim off any excess (there is a good chance they didn't trim off the excess as they didn't want any waste, but if you are making them at home and want to make them look nicer trim off the edges).
16. Now cut your sausage rolls into the size you want them, we went 3-4".
17. Place them onto your baking sheet, make sure there is room around the rolls as the pastry will need space to puff up.
18. Then with your egg wash, brush over the top of the sausage rolls.
19. Now you can make a couple of slits in the top of the rolls.
20. Place into the oven at 220°C for 15-20 minutes.
21. The sausage rolls should be golden in colour and the internal temperature should reach 75°C.
22. Let rest for 10 minutes then enjoy!

TOM'S MODERN SAUSAGE ROLLS

These recipes were created by Thomas Adkins

I love making homemade sausage rolls! When I ran my own cafe these were big sellers and you can do so many things to change the flavour to make them unique.

Here I have 2 types of sausage rolls, meat and vegan, check the recipe on how to add more flavour.





MEATY SAUSAGE ROLLS

INGREDIENTS

Meaty Sausage Rolls		Optional Flavouring
400g	Sausage meat	Sweet chilli sauce
500g	Puff pastry	Black Pudding
1	Egg	Onion marmalade
1	Egg yolk	
	Nigella seeds	

MEATY SAUSAGE ROLL

If you want to be a bit extra you can grind your own meat again. I will have a simple sausage mix at the end of this recipe.

But let's make this recipe easier and tastier by using pre-made sausage meat. You can buy packs of sausage meat from supermarkets and most butchers. Or if you can't find it/really like a style of sausage, you can always just cut the sausage casing, remove and use the meat inside.

METHOD

1. Pre-heat your oven to 200°C
2. If you are making a plain sausage roll then place your meat into a large bowl and add your filling. If you are using something like black pudding or chorizo, crumble or cut it first, if you are using a sauce then add that to the meat.

3. Using your hand mix well.
4. Once mixed well, put to one side.
5. On a floured worktop, roll out your pastry into a large rectangle, about as thick as a penny.
6. Then spread out your meat about 1 inch from the edge.
7. Using an egg wash, brush the side closest to you, then trim that edge so it's nice and neat.
8. If you want you can roll them like the Historic recipe but I prefer rolling them.
9. Fold over the pastry from the back over the sausage meat. Then roll it forwards so that the seam is on the bottom.
10. This next step helps you get a nice clean sides. Using a sharp knife gently saw your roll into the size you want. (If you just press down then you will squash it and the ends won't look as good.
11. Place onto your lined baking tray, make sure the seam is on the bottom.
12. Egg wash your sausage rolls (if you would like to make them look extra nice, add 1 egg yolk to your egg mix, this will give it extra colour and gloss).
13. Once egg washed make at least 2 cuts depending on the size of your sausage roll (make sure you make your cuts after the egg wash or it won't let out the steam properly).
14. Put into your pre-heated oven for about 20-35 mins.
15. Once golden and the meat is cooked, take out and place on the side for at least 20 mins to rest.
16. Bon Appetit!



VEGGIE SAUSAGE ROLLS

INGREDIENTS

- 1 Sweet potato
 - 1 Parsnip
 - 1 White onion (minced)
 - 100 g Chestnut mushroom
 - 180 g Precooked chestnuts
 - 100 g Chickpeas
 - 1 tsp Dried sage
 - 50 g Panko Bread crumbs
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VEGAN SAUSAGE ROLL

This is a really lovely vegan sausage roll mix and could easily be adapted, you could add some feta or vegan cheese in the mix. If you are making vegan rolls use olive oil or a plant based 'milk' of your choice (make sure it's unsweetened), if you are making veggie rolls you could use an egg wash.

In the video I made the mix quite smooth, but since recording I have made these rolls and combined all the ingredients and had the filling more chunky, and I prefer it when it's got the chunks for texture. But try it out both ways and let me know.

METHOD

1. Pre-heat your oven to 200°C
2. Peel 1 large sweet potato, then cut into 1 inch cubes.

3. Take the top and bottom of the parsnips (you can peel them, but I prefer to keep the skin on).
4. Cut into same size chunks as the sweet potato.
5. Place the sweet potato and parsnip into a large pan, cover with cold water, make sure the water covers the veg.
6. Then place on the hob and begin to boil, once it's reached a boil bring the temp down and let them simmer for 12 minutes.
7. Meanwhile in a frying pan add a little olive oil, one roughly chopped onion and cook on a medium heat to sweat for about 5 mins (we are not looking for colour just to cook them down a little).
8. Once the onion are cooked down, add the mushrooms and keep cooking (the water that comes out when cooking will help to not brown the onion, but occasionally stir for about 5-10 mins).
9. Once the veg is tender and soft, drain the water and leave in the colander for a moment to let some of that steam to leave and dry out a little.
10. Once your onion and mushrooms are cooked place into a food processor,
11. Add the cooked veg, precooked chestnuts, seasoning and herbs.
12. Blend till it starts forming a paste (it is up to you if you like to have it a bit more chunky or if you want it smooth like sausage meat).
13. Once blended, place into a large bowl and add your bread crumbs.
14. Mix together with your hands till it is all combined.
15. On a floured worktop, roll out your pastry into a large rectangle and about as thick as a penny.
16. Then spread out the mixture about 1 inch from the edge.
17. Using an egg wash (or for vegan rolls use olive oil or a plant based milk of your choice) the side closest to you, then trim that edge so it's nice and neat.
17. If you want you can roll them like the Historic recipe but I prefer rolling them.
18. Fold over the pastry from the back over the sausage meat. Then roll it forwards so that the seam is on the bottom.

19. This next step helps you get a nice clean sides. Using a sharp knife gently saw your roll into the side you want. (If you just press down then you will squash it and the ends won't look as good).
20. Place onto your lined baking tray, make sure the seam is on the bottom.
21. Egg wash (or for vegan rolls use olive oil or a plant based milk of your choice), if you are using an egg wash and want to make them look extra nice, add 1 egg yolk to your egg mix, this will give it extra colour and gloss).
22. Make at least 2 cuts depending on the size of your sausage roll (Make sure you make your cuts after the egg wash or it won't let out the steam properly).
23. Put into your pre-heated oven for about 20-35 mins.
24. Once golden take out and place on the side for at least 20 mins to rest.
25. Bon Appetit!