



# THE LAB

Eight pages of things to make and do

# Bake spooky sausage mummies

There's a Halloween twist to this traditional treat.

### What you need

- 375g pack of puff pastry
- 1 tbsp flour, for dusting onto the work surface
- 8 plant-based sausages
- 1 egg, lightly beaten
- 2 tsp mayonnaise
- 1 tsp chopped black olives
- Rolling pin
- Knife
- Baking tray
- Egg brush
- Oven glove

### Instructions

- 1** Preheat the oven to 200°C/fan 180°C/gas mark 6. Use a rolling pin to roll out the pastry on a floured surface until it is about 0.5cm thick.
- 2** Slice the pastry into strips about 0.5cm wide. You will need two strips per sausage.
- 3** Cut each sausage in half and wrap it in pastry strips. You can start wrapping at either end, but remember to leave a gap for the mummy's eyes.
- 4** Place the sausage rolls on a baking tray and brush the pastry with the beaten egg. Now, pop them in the oven for 18–20 minutes.
- 5** Once baked, leave the pastries to cool. Add two small blobs of mayonnaise (or a plant-based alternative) for the mummy's eyes, and use pieces of chopped-up olive for the pupils.



### How does it work?

Pastry is mixture of flour, water and fat. The amounts of each ingredient determine whether pastry is deliciously soft, or light and crispy. Unbaked puff pastry is made of many alternating layers of fat and dough. Once in the oven, the fat starts to melt; gluten in the flour bonds the pastry together and the water boils off as steam. The expanding steam pushes up large bubbles between the layers of dough, puffing up the pastry and forming hundreds of thin layers. The heat of the oven causes a chemical change called the Maillard reaction, which makes the pastry turn golden brown. This browning reaction also occurs when you bake biscuits and breads, or cook meat.

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