

Sausage Rolls (vegan)



Ingredients

½ cup sunflower seeds rough ground in coffee grinder or Magic Bullet
1 cup TVP rough ground (and/or 'bacon-flavoured' bits)
2½ tsp 'beef-flavoured' stock powder (or any stock powder)
2 heaped tsp tapioca flour (or corn / rice flour)
2 heaped tsp gluten flour (or plain flour)
¼ tsp black pepper
1 tsp dry mixed herbs
1 small onion
¼ to ½ cup water
1½ tsp tomato paste

Method

Pre-heat oven to 175°C (350°F) and thaw two sheets frozen puff pastry
Mix dry ingredients in bowl
Blend onion with ¼ cup water and tomato paste
Mix thoroughly with dry ingredients.
Allow to sit for ½ an hour. If a little dry, add rest of water
Divide sheets horizontally into three strips and mixture into six even amounts
Spoon one sixth of mixture evenly in a line near bottom of each (third) sheet
Wet top edge with water to ensure pastry sticks to itself.
Roll pastry with filling so that join is underneath and mixture fills to the ends
Divide tube into three or four or more even portions (smaller for party size)
Repeat this process for each pastry strip
Place rolls on greased tray allowing a little space between them
Brush with soy milk and/or melted margarine
Bake for 15-25 minutes or until puffy and brown