

# Spicy Sausage Roll-Ups

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 25 appetizers**

*2 sheets frozen shortcrust pastry*

*2 tablespoons French mustard*

*5 sticks cabanossi (dry Polish sausage)*

*1 egg yolk, beaten*

## **Preparation Time: 20 minutes**

## **Cook Time: 20 minutes**

Preheat the oven to 400 degrees.

Cut each pastry sheet in half. Cut triangles with bases of 2-1/2 inches. Place a small dab of mustard at the base of each pastry piece. Cut the cabanossi into 2-1/2-inch lengths. Place across the mustard on the pastry triangles.

Dampen the tips of the triangles with a little water. Working from the base, roll each pastry triangle around the pieces of cabanossi. Press lightly to secure the tip to the rest of the pastry.

Place the roll-ups on a lightly greased baking sheet. Brush with a mixture of egg yolk and two teaspoons of cold water.

Bake for 15 to 20 minutes or until the roll-ups are golden brown.

*These can be made up to two days in advance, refrigerated, then gently reheated in the oven when required.*

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Per Serving (excluding unknown items): 59 Calories; 5g Fat (79.0% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 213mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	59	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	79.0%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	2.0%	<b>Thiamin B1 (mg):</b>	trace

