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# Beef and Pastry Roll

*John Miller*

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## **PASTRY**

**1 1/2 cups sifted flour**

**1/2 cup corn meal**

**1 teaspoon salt**

**1/2 cup shortening**

**1/4 to 1/2 cup milk**

## **MEAT FILLING**

**1 pound ground beef**

**2/3 cup tomato juice**

**1 egg, beaten**

**1/2 cup uncooked rolled oats**

**1 1/2 teaspoons salt**

**1/4 teaspoon pepper**

**1/2 teaspoon dry mustard**

**1 small onion, chopped**

**shortening (for brushing), melted**

Preheat the oven to 425 degrees.

In a bowl, blend the flour, corn meal and salt. Cut in the shortening (it will resemble coarse crumbs). Add the milk gradually. Stir until the mixture leaves the sides of the bowl.

Turn the dough out onto a floured board. Knead gently several times.

Roll the dough to a 9 x 15-inch rectangle.

In a bowl, combine the ground beef, tomato juice, egg oats, salt, pepper, mustard and onion. Mix well.

Spread the meat filling evenly over the dough rectangle. Roll up the rectangle jelly-roll fashion. Seal the ends by moistening. Brush the melted shortening over the top with a pastry brush. Place the roll in a greased baking pan.

Bake the roll for 15 minutes. Reduce the heat to 325 degrees.

Bake for 40 minutes longer.

Slice and serve with tomato sauce or ketchup.

## **Ground Beef**

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*Per Serving (excluding unknown items): 3127 Calories; 232g Fat (67.1% calories from fat); 104g Protein; 152g Carbohydrate; 9g Dietary Fiber; 606mg Cholesterol; 6326mg Sodium. Exchanges: 8 1/2 Grain(Starch); 11 1/2 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 39 1/2 Fat.*