



INGREDIENTS

- 1 (17.3 Ounce) Package Frozen Puff Pastry (enriched or whole grain rich; thawed)
- 1 Tablespoon Fresh Thyme (finely minced)
- 1 Large Egg
- 1 Tablespoon Water
- 1 Pound Pork Sausage (bulk, market-style; casings removed)
- 1 Tablespoon Worcestershire Sauce
- ½ Teaspoon Ground Sage
- ½ Teaspoon Onion Powder
- ½ Teaspoon Ground Black Pepper
- All-Purpose Flour (enriched or whole grain rich; for surface)

DIRECTIONS

1. Let the frozen puff pastry thaw according to the package instructions.
2. In a small bowl, whisk together the egg with a tablespoon of water.
3. If your pork sausage comes encased, remove the casings to access the meat. Place the sausage into a large bowl and add thyme, Worcestershire sauce, ground sage, onion powder, and black pepper. Using clean hands, mix it all until you have a well-combined mixture.
4. Place the sausage mixture in the fridge for at least 15 minutes.
5. Adjust an oven rack to the middle position and preheat your oven to 400°. Line a baking sheet with parchment paper.
6. On a lightly floured surface, unfold your puff pastry sheets. If you're working with one large sheet, cut it in half crosswise. Roll each piece with a rolling pin into a 10x9-inch rectangle.
7. Slice each of these rolled sheets lengthwise, creating four (10x4½-inch) rectangles, and lay them out vertically.
8. Divide your chilled sausage mixture into four equal portions. With wet hands and perhaps the aid of a bench scraper, roll each sausage portion into a log about 10 inches long, 1 inch wide, and 1 inch thick.
9. Place a sausage log lengthwise in the center of each pastry rectangle. Lightly brush the edges of the pastry with your prepared egg wash.
10. Carefully take the left and right sides of the pastry and roll them over the sausage to meet in the middle. Overlap them slightly, pressing down gently to seal, forming a log shape.
11. Turn the rolls seam-side down. With a sharp knife, cut each roll crosswise into six pieces, just over 1 ½ inches each, and arrange them on the prepared baking sheet about an inch apart.
12. Brush the tops and sides of your assembled rolls with the remaining egg wash. Put them in the oven for an initial bake of 12 minutes.
13. Halfway through, rotate the baking sheet to ensure even baking. Continue until the pastry is puffed up and the tops are a rich golden brown, another 8 to 12 minutes.
14. Once baked, transfer to a wire rack and let cool for 5-10 minutes.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Breakfast

YIELD

24 Rolls

PORTION SIZES

- Toddler:** 1 Roll
- Preschool:** 1 Roll
- School Age:** 2 Rolls
- Adult:** 3 Rolls