

Red Onion and Mushroom Rolls

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Agents of Field

March 18, 2018

RED ONION & MUSHROOM ROLLS

Makes: 8 medium rolls or 16 mini rolls Prep/Cooking Time: 1 hr + cooling time

1 tbsp rapeseed oil
1/2 tsp cumin seeds
2 red onions (about 200g once peeled)
200g chestnut mushrooms
2 garlic cloves
1 tbsp cider vinegar
2 tsp Dijon mustard
50g oats
1 tsp fresh thyme leaves
4 sage leaves
1 x 320g sheet of ready-rolled puff pastry
milk
salt and pepper

Method

Chop the onions finely. Heat the oil in a large frying pan over a low/medium heat, and fry the cumin seeds for a couple of minutes before adding the chopped onions. Cook gently for 10 minutes until the onions are soft and glossy.

Meanwhile, finely chop the mushrooms and the garlic. Add to the pan along with the cider vinegar, Dijon mustard and plenty of salt and pepper. Cook for a further 10 minutes, stirring occasionally.

Tip the mixture into a bowl and set aside to cool.

Chop the sage leaves and add them to the cooled onion/mushroom mixture along with the thyme leaves and oats. Stir well. Add more seasoning if required.

Heat the oven to 200C/180C (fan) and line a baking tray with greaseproof paper.

Cut the puff pastry sheet lengthways down the middle. Spoon half the mixture along the centre of one length of pastry, carefully moulding it into a sausage-shape.

Brush the milk along the edges then carefully roll the long side of the pastry over the filling. Press the edges together to seal them, before crimping them with a fork.

Repeat the process with the second length of pastry, so you end up with two long rolls.

Cut each length in half, and then half again so that you end up with 8 medium-sized rolls (4 rolls per pastry strip). Alternatively, cut each eighth in half again to make 16 mini rolls.

Place the rolls on the prepared baking tray, brush with milk, and cook them in the oven for 25 minutes or until golden.

They're best served fresh from the oven, although you can refrigerate and reheat them, or freeze them once cooled.