

BR7 Baking

PICNIC IN THE PARK

The summer is all about enjoying the outdoors, and nothing beats a nice, relaxing afternoon with a picnic in the park.

From Cucumber Sandwiches to Fresh Fruit, whatever your favourites are be sure to make the most of the sunshine while its here.

In Chislehurst we are very lucky to be surrounded by beautiful woodlands, fields and wildlife. The Chislehurst and Walden Recreation Grounds are lovingly cared for by the FOCRG volunteers.

Consisting of 15 hectares of playing fields, open grass areas, a children's play-ground and woodland that support a variety of wildlife including species that are rare in London.

SAUSAGE ROLLS—MAKES 20

Ingredients

400g Sausage Meat	1 Onion, finely diced
15g Fresh Sage, finely chopped	375g Ready Rolled Puff Pastry
1 Egg, beaten	Salt and Black Pepper

Instructions

Preheat your oven to 180C/gas 6.

Place the sausage meat, onion, sage and seasoning into a bowl. Mix well until all of the ingredients are combined.

Unwrap the pastry and cut in half length ways, so you have 2 long rectangular pieces.

Divide the sausage meat in half and place down the middle of each piece of pastry, leaving a border of pastry along each side. Brush the beaten egg onto one side of the pastry.

Starting with the side of pastry that has been brushed with egg, fold it over the sausage meat and bring together with the other side. Repeat for the second piece.

Using a fork crimp together the 2 edges of the pastry, then use a sharp knife to cut a along this edge, removing any excess. Repeat for the second piece.

At this point you should have 2 long sausage rolls. Using a very sharp knife cut each piece into 10 small sausage rolls. Place on a greased baking tray and brush with the beaten egg. Cook for approx. 20-25 minutes until golden brown.

Twists & Tips

- Before baking sprinkle some sesame seeds or poppy seeds on top for a n extra crunch
- For a sweeter taste grate in 1 red apple, with the skin to the sausage meat mix



This month we have been working with

FOCRG

FOCRG are a volunteer group, set up in March 2010, to preserve and enhance the environment of Chislehurst & Walden Recreation Grounds for the benefit of the local community, in partnership with the London Borough of Bromley.



The Group grew out of a number of regular dog walkers who felt that there were aspects of the Park that could be improved. Instead of just moaning about it they thought that they would actually try and do something!

MINI QUICHES—MAKES 16

Ingredients

- 375g Ready Rolled Short Crust Pastry
- 1 Egg, beaten
- 200ml Double Cream
- Salt and Black Pepper

Fillings to choose from

- 1) 200g Roasted Vegetables, finely chopped
- 2) 200g thinly sliced Leeks & 50g grated Cheddar
- 3) 200g chopped Asparagus & 50g grated Gruyere Cheese
- 4) 200g Caramelised Red Onion Chutney & 50g Goats Cheese

Instructions

Preheat your oven to 180C/gas 6.

Roll out your pastry and using a cutter, cut out 16 circles from the pastry.

Using a fairy cake tin, lightly grease. Place the pastry disks into each hole and gently press down.

Fill each pastry case with your chosen filling, being sure not to over fill. In a jug mix together the egg, double cream and seasoning.

Pour the egg mix into each pastry case,

Bake for 15–20 minutes. Leave to cool slightly before serving.



We would love to hear how you got on with this month's recipe.

Good or Bad!

Send us your comments and pictures to contact@visitchislehurst.org.uk

OR post your pictures on social media and tag **Visit Chislehurst**

Thank you to **Barbara, Julie and Alison from FOCRG** for working on this month's issue and **Clare Herriot** for the photos and video.

