



Skills **X** ibition

GET WIRED FOR TRADES AND TECH!

Presented by: **Synocrude**

We are excited that you'll be joining us for SkillsXibition this year! Below are a few important pieces of information that you will want to read to ensure you are ready for your activity! All pre-recorded demonstration videos will be posted online by May 26th.

REQUIRED MATERIALS & SUPPLIES

Skills Canada Alberta Supplied Materials:

A supply subsidy gift card of \$100 will be mailed to the school to cover the cost of the required groceries.

School Supplied Materials:

A kitchen; counter workspace, a sink, fridge, and oven. Required ingredients and cooking equipment as per the recipes below.

BEFOREHAND REQUIRED PREPARATION

Based on your school's setup, you may find it helpful to pre-portion the ingredients. The provided recipe below is for 10 servings, so will need to be modified accordingly based on your number of participating students.

SAFETY PRECAUTIONS

Ensure the school safety policies are being followed

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ACTIVITY DIRECTIONS (supplementary to the demonstration video)

*These recipes make enough for 10 servings (please double for 20 students)

SHORTCRUST PASTRY

300g plain flour

75g unsalted butter, diced (keep in the fridge till ready to use)

75g lard or vegetable shorting (keep in the fridge till ready to use)

pinch salt

Method

Place the all-purpose flour into a large bowl, add 75g diced butter and 75g lard/shortening rub in with your fingertips until the mixture resembles wet sand.

Stir in a pinch of salt, then add 2-3 tbsp cold water and gently mix to a firm dough using a butter knife. The dough will look rough and ragged. Don't be tempted to overmix, it makes the pastry tough.

Wrap in cling film and chill in the fridge while preparing the filling.

HOMEMADE SAUSAGEMEAT

500g ground pork

1 teaspoon salt

½ teaspoon fennel seeds (optional)

½ teaspoon black pepper

Handful of chopped parsley leaves

¼ cup unseasoned breadcrumbs (panko is perfect)

¼ cup cold water

Method

Place all the ingredients in a large bowl and thoroughly mix. Grab the meat and squish it through your fingers to help work the sausage meat together. The meat should feel sticky when its mixed properly.

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GLAMORGAN SAUSAGE ROLL FILLING – VEGETARIAN OPTION

275g fresh breadcrumbs

225 g mature Cheddar cheese, grated

6 spring onions, chopped finely

3 tablespoons thick double cream

1 level tablespoon fresh chopped herbs (chives, parsley, thyme, etc)

pinch cayenne pepper/chilli flakes

salt and black pepper

Method

Place all the filling ingredients in a mixing bowl, season well and mix very thoroughly with your hands.

SAUSAGE ROLLS

Shortcrust pastry

Sausage meat

1 x egg, whisked

Black Pepper

Pre-heat the oven to 350F. Cut the pastry in half and re-wrap one half and pop it back in the fridge. Flour your work surface and roll out the pastry till it is thin and even all over. Cut the pastry into rectangles about 12 cm wide and 20 cm long (but don't worry if it's not exact!) Grab a handful of sausage meat and squish it into sausage shapes about 3cm in diameter. Place it in the centre of the pastry. Brush one long edge of the pastry and roll from the other side over the sausage meat. Cut into sausage rolls and brush the outside edge of the pastry with egg and sprinkle the tops with salt and black pepper. Place on a baking sheet lined with baking parchment and bake till golden brown, about 25-35 minutes. Using a digital thermometer, ensure internal temperature of the sausage role is 160F. Check the bottom of the sausage rolls to make sure they are nice and golden too. Serve with mayo or tomato ketchup. Great hot or cold.

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