Breakfast Hand Pies

You Will Need:

- Cooking oil
- 3-eggs
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt – adjustments may be needed depending type of sausage links used
- 1-1-2 sheets puff pastry sheet
- 1/2 cup grated cheddar cheese

Preheat the oven to 425°F

1. In a bowl mix beat 2 eggs and 1 egg white (set aside remaining yolk)
2. In a medium skillet cook the sausage on medium-high heat. Remember to break the sausage apart.
3. Pour in the beaten eggs in with the cooked sausage, add pepper and salt.
4. Once the eggs are cooked remove from heat and mix in the 1/4 cup of cheese. Set aside.
5. Roll out the puff pastry sheet according to the directions on the packet. Cut into 8-12 (depending on the size of puff pastry sheet you use) 4-inch squares.
6. Evenly distribute the sausage, egg and cheese filling across the puff pastry squares.
7. Fold up the corners of each puff pastry square so they meet in the middle.
8. Gently pinch together the four corners where they meet in the middle, and slightly flatten the filled pastry so it makes a square.
9. Using a brush, brush each hand pie with the egg yolk.
10. Evenly sprinkle on the remaining 1/4 cup of grated cheese on top. Sprinkle on additional black pepper.
11. Bake for 18-20 minutes, or until the hand pies are golden. Allow to cool for a few minutes, and then transfer to a cooling rack. Enjoy warm.