

Puff Pastry Appetizers and Desserts

by Sarina Roffé

<u>Spinach Potato Pockets</u>	<u>2</u>
<u>Spinach And Cheese Appetizers</u>	<u>3</u>
<u>Cheese sticks</u>	<u>4</u>
<u>Mushroom Bourekas</u>	<u>5</u>
<u>Easy Apple Tart</u>	<u>6</u>
<u>Make-Ahead Apple Turnovers</u>	<u>7</u>
<u>Walnut Cinnamon Palmiers</u>	<u>8</u>
<u>Nutella Smores</u>	<u>9</u>
<u>Alternative Pastry Folds</u>	<u>10</u>
<u>About Puff Pastry</u>	<u>11</u>

Spinach Potato Pockets

These Spinach Potato Pockets are a twist on typical potato dishes. They are easy to prepare ahead of time and pretty to present as an appetizer.

Ingredients

- 3 lbs potatoes, peeled and cubed
- ¼ C frozen chopped spinach, defrosted with water squeezed out
- ½ tsp pepper
- 4 TBS butter
- ¼ C milk
- 1 pkg 36 3-inch squares puff pastry, defrosted
- egg wash (1 egg beaten with 2 TBS water)



Directions

1. Place potatoes in large pot. Cover with water. Bring to a boil and simmer 10 minutes until fork tender. Reserve 1 C of the liquid. Drain. Place potatoes back in pot.
2. Mash with potato masher and mix in 4 TBS butter, salt, pepper, spinach and milk. If mixture is dry, add some of the reserved liquid. Potato mixture should be luxuriously smooth.
3. Place parchment squares on clean surface. Put 1 TBS potato mixture in the middle of square. Lift diagonal ends and press together. Now pull the other two diagonal ends together and it forms a sack. Repeat until all the puff pastry is finished.
4. May be frozen at this point.
5. To cook: Brush with egg wash and bake on parchment-lined cookie sheet for 20 minutes in a preheated oven at 375°.

Yield: 36

Dairy (may be made parve by replacing butter with margarine and milk with nondairy creamer)

Pesto Potato Filling Option: Substitute basil or herb pesto for spinach, mixing it onto the potatoes.

Option: Use large puff pastry sheets. Place filling along long edge and roll into a log. Before baking, slit puff pastry on a diagonal half way through.

Spinach And Cheese Appetizers

Ingredients

- 2 TBS oil for frying
- 1 large onion, finely diced
- 2 eggs
- 1lb. grated muenster or mozzarella cheese
- 2 boxes frozen chopped spinach
- 1 pkg 36 3-inch squares puff pastry, defrosted
- egg wash (1 egg beaten with 2 TBS water)
- sesame seeds

Directions

1. In 2 qt pot, fry onion in oil until soft.
2. Add frozen chopped spinach and cover pot. Cook until spinach is soft. Pour into strainer and let cool.
3. In a separate bowl, beat eggs and add cheese. Mixture should be dry.
4. Using the back of a spoon, press down on spinach to remove excess liquid. Spinach should be strained and dry to the touch. Mix into egg and cheese mixture.
5. Using a muffin tin, place one puff pastry square into each muffin holder.
6. Fill each muffin with filling until three fourths full. Loosely fold over edges to look like a sack.
7. May be frozen at this point.
8. To cook: Preheat oven to 375°. Brush each pastry with egg wash. Sprinkle with sesame seeds.
9. Bake 20-30 minutes until pastry puffs are golden brown.

Yield: 36

Dairy

Cheese sticks

- 1 sheet puff pastry, defrosted
 - 1 C grated cheddar cheese
 - egg wash (1 egg beaten with 2 TBS water)
1. Roll out a sheet of pastry dough into 12 x 24 inch rectangle.
 2. Top half with 1 C grated Cheddar cheese.
 3. Fold over the half with no cheese onto the top with cheese.
 4. Gently roll the 2 halves together to about 12 x 13". Cut in half (6x13) lengthwise.
 5. Cut each rectangle crosswise into $\frac{3}{4}$ in strips. Twist each strip from the end onto a cylinder and place on parchment lined baking sheet.
 6. May be frozen at this point.
 7. To cook: Bake in 400° preheated oven for 12 minutes or until crispy. Cool on rack before serving.

Alternative: Infuse the dough with a spice, such as rosemary or caraway seeds and roll it into the dough before cooking.



Mushroom Bourekas

Mushroom bourekas are an easy make-ahead appetizer. Just pull them out of the freezer and bake as needed!

Ingredients

- 1 pint mushrooms, cleaned and sliced
- 3 cloves garlic, minced
- 2 TBS oil
- 1 tsp. kosher salt
- 1/4 tsp. pepper
- 2 TBS parsley, chopped
- 3-4 TBS bread crumbs
- 1 pkg of 36 3-in puff pastry squares, defrosted
- egg wash (1 egg beaten with 2 TBS water)



Directions

1. Heat oil in skillet. Add mushrooms and garlic and saute 5-10 minutes.
2. Add salt, pepper and parsley. Mix well and cook 3 more minutes.
3. Strain and put in food processor with bread crumbs. Pulse until combined. Mixture should be dry.
4. Prepare cookie sheet lined with wax paper.
5. Take 1 tsp. mushroom mixture and place in center of puff pastry. Wet edges with water. Fold over into triangle and seal edges.
6. Place on cookie sheet. Repeat until all of the mushroom filling is finished.
7. May be frozen at this point. Store in airtight bags.
8. To cook: Preheat oven to 350°. Line cookie sheet with parchment paper. Place bourekas on tray and brush with egg wash.
9. Bake 20-30 minutes until pastry puffs and is golden brown.

Yield: 36

Parve

Easy Apple Tart

I love this tart because it is elegant and easy. You can use any fruit, but I chose apples since they are traditional for Rosh Hashanah and in season.

Ingredients

- 3 apples, peeled, cored, halved and thinly sliced
- 1/2 C brown sugar
- 1/4 tsp cinnamon
- juice of 1 lemon
- 1/2 tsp salt
- 1 pkg puff pastry sheet, defrosted
- 4 TBS caramel sauce
- 1/4 C ground walnuts



Directions

1. Mix apples with brown sugar, cinnamon, lemon, and salt.
2. Cover baking sheet with parchment paper. Spray with cooking spray.
3. Open puff pastry and cut in half. Place on parchment paper.
4. Place apples on puff pastry. Start at one thin end and line them up so the apples overlap (see photo). Repeat with enough apples until you get to the other end of the puff pastry. Repeat with the second puff pastry.
5. May be frozen at this point.
6. To cook: Preheat oven to 400°. Bake for 20-30 minutes.
7. Remove to serving platter. Before serving, heat caramel sauce and drizzle over tarts. Sprinkle with walnuts.

Yield: 10 servings

Parve

Make-Ahead Apple Turnovers

I like these apple turnovers because I can make a lot and freeze them. Just pull them out of the freezer for dessert, brush with egg wash and bake. Guests will think you were in the kitchen all day!

Ingredients

- 4 apples, peeled and cored
- juice of 1 lemon
- 2 TBS veg oil
- 1/2 C brown sugar
- 1/2 C sugar
- 1 tsp cinnamon
- 1/2 tsp salt
- 3 TBS raspberry preserves (or other jelly)
- 1 pkg 36 3-inch puff pastry squares, defrosted
- egg wash

Directions

1. Cut apples into small chunks. Sprinkle with lemon juice.
2. Heat large skillet and add oil. Pour in the apples and cook on medium heat, stirring often. Cook 10-15 minutes until apples are soft but still firm.
3. Remove from heat. Add sugars, cinnamon, salt and mix well. Add preserves and mix again.
4. Line baking sheet with parchment paper. Place 1 TBS of filling in the center of each puff pastry square. Fold on diagonal to make a triangle. Place on tray.
5. Repeat until you have used all the filling.
6. May be frozen at this point.
7. To bake: Preheat oven to 400°. Brush with egg wash and bake on tray for 20 minutes, until golden brown and puffy.

Yield: 36

Parve

Walnut Cinnamon Palmiers

When you see these in the bakery, you think they are so difficult. Nothing can be furthest from the truth. These are pastries a child can make.

Ingredients

- 1 puff pastry sheet, defrosted
- 1/2 C sugar mixed with 2 tsp cinnamon
- 1/4 C chopped walnuts or almonds (optional)

Directions

1. Line cookie sheet with parchment paper.
2. Spread half of the cinnamon mixture on flat surface. Place puff pastry on top of the cinnamon. Sprinkle more cinnamon mixture on top. Mixture should be covering both sides of pastry. Using a rolling pin, roll the puff pastry until double the size. The idea is to roll the cinnamon mixture into the dough.
3. Sprinkle the walnuts on top of the puff pastry. Tightly fold the puff pastry from short end to the center where you unfolded the puff pastry sheet. Do the same on the other side. You will have two folds meeting in the center. Wrap tightly in plastic wrap and freeze 1 hour.
4. Remove from freezer. Thinly slice and place flat on parchment lined baking sheet.
5. To cook: Preheat oven to 400°. Bake 10 minutes or until crisp. Carefully turn over and bake another 7 minutes. Palmiers should be slightly golden and crispy when removed from the oven. Cool on wire rack.



Yield: 24

Parve

Alternative Preparation: Use 3 inch squares instead of a puff pastry sheet. Cut each square into four strips. Dip in cinnamon and sugar and twist. Bake 10 minutes or until crispy.

Nutella Smores

These pastries melt in your mouth and are always a hit at the party.

Ingredients

- 1 pkg 36 3-inch puff pastry squares, defrosted
- 1 C mini chocolate chips
- 2 C Fluffernutter
- 2 C Nutella (chocolate hazelnut spread)

Directions

1. Line cookie sheet with parchment paper.
2. Place 1 tsp of fluff, 1 tsp Nutella and 5-8 chocolate chips in the center of each puff pastry square. Fold on diagonal to make a triangle. Place on tray.
3. May be frozen at this point.
4. To cook: Preheat oven to 400°. Bake 10 minutes or until golden brown. Serve warm, with ice cream on the side!

Baker's Tip: If you spray spoon and fingers with cooking spray before using fluff, it won't stick.

Yield: 36

Dairy

Alternative Pastry Folds



About Puff Pastry

Puff pastry, also known as *pâte feuilletée*, is a flaky light pastry containing several layers of fat which is in solid state at 20 °C (68 °F). In raw form, puff pastry is a laminated dough composed of two elements: a "dough packet", the *détrempe* and a "butter packet" or other solid fat, the *beurrage*.

Puff pastry is a relative of Middle Eastern phyllo dough; its history is that it originally came from Muslim Spain and was converted from thin sheets of dough spread with olive oil.

Preparing a classic puff pastry requires an envelope formed by placing the *beurrage* inside the *détrempe*. An "inverse puff" pastry envelope places the *détrempe* inside the *beurrage*. The resulting *paton* is repeatedly folded and rolled out before baking.

The gaps that form between the layers left by the fat melting are pushed (leavened) by the water turning into steam during the baking process. Piercing the dough will prevent excessive puffing, and crimping along the sides will prevent the layers from flaking all of the way to the edges.

There are many ways you can use puff pastry. Imagine any filling and any type of fold. Be creative!

Source: wikipedia