

What's Cookin': Working with puff pastry

Happy Mother's Day weekend!

This week's recipe comes to us from my good friend, Angela Dadd. Her recipe today involves puff pastry. The puff pastry that we've chosen is made by President's Choice. Although there are other good brands of puff pastry out there, the PC version is the only one that comes rolled out in advance.

Lori Gysel & Gerry Kentner



comes on a handy dandy sheet of parchment paper, perfect for baking on — so don't throw it away! There are two sheets of pastry in a box. So you need two boxes for this recipe, unless you are going to only make half the recipe.

Puff pastry must be worked with when it is cold. So keep it in the fridge until

the last possible moment and when you do take it out, be quick about working with it. Once it gets warm, it is a bit of a disaster to do anything with.

Have fun and keep cooking!

Spinach-Asparagus Puff Pastry Bites

Ingredients

- 4 sheets of puff pastry, defrosted
- 1 (9oz) box frozen spinach, defrosted
- 1 (9oz) box frozen asparagus, defrosted
- 2 tbsp lemon zest
- 1/2 cup of fresh basil leaves
- 1/2 cup freshly grated Parmesan cheese
- 2 oz goat cheese
- salt and pepper, to taste
- 2 tbsp olive oil

Method

1. In a food processor, combine the spinach, asparagus, lemon olive oil, basil, Parmesan cheese, goat cheese and salt and pepper.

2. Pulse everything together until it forms a paste. You may want to add more olive oil if needed, but just like a pesto, use your eye to measure. Taste for seasoning.

3. Unwrap your defrosted puff pastry and lightly roll out so it stretches a bit. Then use a sharp knife to cut 3x4 so you end up with 12 squares. (Repeat with other pastry sheets).

4. Spray mini muffin tins with non-stick spray, then take each puff pastry square and place it into your mini muffin tin.

5. Next, use a teaspoon to scoop spinach asparagus mixture into the puff pastry cups. Fill right to the top, then take the corners of the pastry and gently fold over and close.

6. Bake at 350F degrees for 20 minutes or until the pastry begins to get golden brown. Then remove from oven and allow to cool a bit before serving. Makes 48.



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