



## ALL PUFFED UP: PUFF PASTRY BASICS

### MISE EN PLACE

- Defrost your Puff Pastry in your fridge, overnight. NOTE: we recommend using all butter puff pastry. PC Brand (from Superstore) is a good choice.
  - Preheat your oven to 375 F.
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## CARAMELIZED ONION & GOAT'S CHEESE TART

Recipe by KATHRYN JOEL

*50 ml extra virgin olive oil*

*30 g (1 oz, 2 tbsp) unsalted butter*

*4 large onions, sliced*

*1 sprig fresh thyme, leaves picked and chopped*

*200 g goat's cheese*

*1 tbsp whipping cream, or as needed*

*truffle oil*

*tarragon leaves, picked and chopped, or use chives*

*lemon juice, to taste*

*1 sheet (225 g) all butter puff pastry*

- Preheat your oven to 375 F.
- In a large sauté pan, heat the oil until shimmering then add the onions, seasoning with salt.
- Cook, stirring frequently, over a medium high heat until the onions are starting to turn golden brown.
- Lower the heat and cook the onions over a medium to low heat, stirring frequently, until nicely caramelized. If the onions seem dry, add a little hot water.
- Once the onions are a nice golden brown, 45 to 60 minutes, add the butter and continue to cook until the colour deepens, seasoning with salt to taste.

- Meanwhile, take a piece of chilled puff pastry, and place on a parchment lined baking tray. Bake for 12-15 minutes, until risen, golden and cooked through, then allow to cool.
- Place the goat's cheese in a stand mixer with a paddle attachment. Add the cream, tarragon and truffle oil to taste, and whip until creamy. Season with lemon juice and salt.
- To finish, spread the caramelized onions on the cooked puff pastry.
- Scatter the goat's cheese on the tart.
- Bake in the preheated oven, just to warm through and melt the cheese.
- Slice into portions, or into canapé size squares, and serve warm.

### **PARMESAN & FRESH THYME PALMIERS** *(makes 16 to 20 palmiers)*

Recipe by KATHRYN JOEL

*1 sheet (225 g) all-butter puff pastry, defrosted*

*Handful of parmesan, grated*

*1 tsp fresh thyme leaves, picked and chopped*

*Freshly ground black pepper*

*Optional Egg wash: 1 egg and 1 tbsp water or milk, mixed together thoroughly*

*Variations: You can substitute or add some chopped anchovy, pesto, finely chopped sundried tomatoes, chopped rosemary .....*

- Preheat your oven to 400°F
- Trim the edges of one sheet of pastry then sprinkle evenly with the parmesan and chopped fresh thyme, and a grinding of black pepper.
- Fold the sides in to meet in the middle twice, then fold over like a book.
- Now refrigerate until firm, about 20 minutes.
- Brush all over with the (optional) egg wash then slice the filled puff into 1/4" thick slices and place on parchment lined baking trays, spread 2 inches apart.
- Bake for 10-15 minutes, until golden, turning them over once.
- Allow to cool on a wire rack before serving.

### **CLASSIC PALMIERS** *(makes 16 to 20 palmiers)*

Recipe by KATHRYN JOEL

*1 sheet all-butter puff pastry, defrosted*

*1/2 cup granulated sugar*

*Pinch of salt*

*cinnamon, optional*

*orange zest, optional*

- Preheat your oven to 400°F.
- In a bowl, combine the sugar with the (optional) cinnamon and /or orange zest, and salt.
- Dust your work surface with sugar and arrange one sheet of cold defrosted puff pastry on the sugar.
- Sprinkle with a generous coating of sugar, then use a rolling pin to roll into a square. This will press the sugar into the pastry.
- Fold two opposite sides of the puff pastry in to the centre, so that they meet in the centre.
- Repeat this step, folding the edges into the centre again.
- Now fold one side of the pastry over the other.
- Chill for 10 to 20 minutes.
- Sprinkle the remaining sugar (and cinnamon) on your work surface.
- Cut the pastry into 3/8" slices. Turn each palmier in the remaining sugar, then arrange on a parchment lined sheet pan.
- Bake in the preheated oven, for about 6 minutes until golden and caramelized. Turn and bake for another 3 to 5 minutes, until caramelized. Your palmiers may need to be turned once more and cooked for a minute or two more to finish, depending on your oven.
- Cool on a rack.

### **DARK CHOCOLATE PALMIERS** (*VARIATION ON CLASSIC*)

*1 sheet all-butter puff pastry, defrosted*

*1/2 cup granulated sugar*

*2 tbsp dark chocolate, finely grated*

*Pinch of salt*

- Follow the method for classic palmiers, but sprinkle on the grated chocolate before starting to fold your puff pastry.

### **WALNUT ORANGE PALMIERS** (*VARIATION ON CLASSIC*)

*1 sheet all-butter puff pastry, defrosted*

*1 cup walnuts*

*Zest of 1 orange*

*1 tbsp honey*

*1 oz (30 g, 2 tbsp) butter, melted*

*2 tbsp sugar*

*Salt to taste*

- In a food processor, pulse the walnuts until finely ground.
- Transfer to a bowl, and combine with the orange zest, honey, melted butter and a pinch of salt to taste.
- Follow the method for classic palmiers, rolling the puff pastry out with the 2 tbsp sugar. Spread with the walnut mixture, then fold, cut and bake.

## **CHEESE STRAWS**

Recipe by KATHRYN JOEL

*1 sheet all-butter puff pastry, defrosted*

*¾ cup grated hard or semi-soft cheese (parmesan, pecorino romano, gruyere, manchego, aged cheddar etc – or use a blend)*

*Optional extras: freshly ground black pepper, finely chopped herbs, your favourite spice (smoked paprika, sumac ...) or flavoured salt (smoked, truffle infused ...), poppy seeds .....*

- Preheat your oven to 400 F.
- Dust your countertop with ¼ cup of the grated cheese. Place the sheet of pastry onto the cheese.
- Sprinkle ¼ cup of the grated cheese on the pastry sheet, then use a rolling pin to roll it out to 1/8" thick. This will press the cheese into the pastry.
- Fold the pastry in half, then sprinkle with another ¼ cup of grated cheese.
- Roll the pastry again, to 1/8" thick. Make sure that one side of the pastry is between 6 to 10 inches long, depending on how long you want your cheese straws to be.
- Cut the pastry into long strips, about 3/4" wide. Use a chef's knife, pushing down into the pastry – be careful to cut down, avoiding a sawing motion which would compact the layers in your puff pastry.
- Transfer the strips onto a parchment lined sheet pan, about an inch apart to allow for them to rise, twisting them into spirals as you do.
- Chill in your fridge for 10 to 20 minutes, then bake in the preheat oven for approximately 10 to 15 minutes, until crisp and golden.
- Transfer to a cooling rack.
- Serve warm, or at room temperature.

## **EQUIPMENT**

Digital weighing scale

Rolling pin

Box grater (for grating cheese and chocolate)

Measuring cups and spoons  
Sheet pans  
Parchment paper, or silpats  
Pastry brush  
Cooling rack  
Food processor (for walnut orange palmiers)