

## ***Chicken Puff Pastries, aka “Chicken Tasties”***

These pastries are made with prepared puff pastry. For GF, we've used Schär and GeeFree pastries, both of which are usually in the frozen gluten-free case at a grocer that carries this brand. (The latter brand is grain-free, made with potato starch.)

### Pastries:

1 package puff pastry sheets  
Egg for egg wash

### Ingredients: Chicken Filling

1 Large boneless chicken breast, boiled and shredded.  
(Boil in unsalted chicken broth to avoid any loss of flavor if possible.)  
¼ - ½ Onion, finely chopped  
1 tbsp/1.5 cc Oil or melted ghee for cooking  
2 tbsp/28 g Raisins, more to taste  
3 tbsp/42 g Slivered almonds (they will retain texture if you lightly toast them first)  
1 tbsp/14 g Curry powder  
1 tsp/5 g Garam masala (you can also use Ras el Hanout or Hawayij mixes)  
Generous pinch of saffron  
Salt and pepper to taste

### Ingredients: Béchamel Sauce

1¼ cup/296 ml whole milk (if using 2%, add cream or half and half to it to make it richer.)  
*For dairy-free béchamel sauce substitute a soy, coconut, or nut-based (almond, cashew) creamer for the milk.*  
2 tbsp/28 g All-purpose / GF measure-for-measure flour, or arrowroot  
2 tbsp/28 g Butter, butter substitute, or ghee (which has no casein)

### Step 1: Make the Chicken Filling

*Defrost your puff pastry while you make your filling. Conversely, make the chicken filling in advance and store in the fridge. Just always remember to defrost your puff pastry.*

1. Sauté the chopped onion in oil until translucent.
2. Add the shredded chicken, curry powder, garam masala, and saffron. Sauté until tender.
3. Add the raisins, and continue to sauté over medium to low heat until the raisins are soft.
4. Add the toasted slivered almonds, mixing gently.
5. Turn heat almost all the way down while you start making the bechamel sauce, if using bechamel.



## **Chicken Tasties**

Perfect for rooftop picnics at  
dawn with your favorite  
book boyfriend...

## Step 2: Béchamel

*We recommend making this as your final step before you assemble the puff pastries. Do not make it ahead and store it.*

1. Heat the milk until it simmers (small bubbles), reduce heat.
2. Melt the butter and add the flour, mixing continually until you have a soft paste.
3. Over low heat, slowly add the warm milk, mixing continuously until the sauce thickens.

## Step 3: Assembling the Pastries

You will need a beaten egg to “egg wash” the pastries.

1. Preheat your oven to the recommended temperature for baking your pastry choice.
2. Lightly grease a baking sheet/pan.
3. Slowly add the béchamel to the chicken mixture. You probably will NOT want to use all the béchamel sauce. You want to have a consistency that is creamy but *not wet*. (Variation: If you don't want béchamel, consider using some cooked mashed potato to help bind the ingredients together. You should cook the potato starting with the onion so it absorbs all the seasoning, too.)
4. Flatten out your pastry sheet; use a rolling pin or a can to make the sheet a little thinner. You can do this on a silicone pie sheet, on wax paper taped down to your kitchen counter, or just a clean, well-floured counter.
5. Divide your pastry sheet down the middle with a knife, then cut across to create pairs of squares. (You will have a right and left side)
6. Egg wash your pastries with a brush or the back of a spoon using a light amount of beaten egg.
7. Gently spoon your chicken filling onto the left side squares. Be careful not to use too much or you will have trouble sealing the pastry.
8. Place the right side squares on top of the pastry. The egg wash will help them adhere a bit.
9. Use the tines of a fork to press the pastries closed all around the edges.
10. Egg wash the top of the pastry squares.
11. Bake until lightly brown, using pastry box directions as a guide.

Note that gluten-free pastries do not get as brown or fluffy as regular pastries.

Enjoy!

*This recipe adapted and tested by Marielle Kaifer.  
Thank you, Marzie!*

