

Vegetarian Puff Pastries, aka Veggie Tasties

These pastries are made with prepared regular or Gluten-Free 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.)

Defrost your puff pastry while you make your filling.

Ingredients:

- 1 Package puff pastry sheets
- 1 Medium yellow potato, peeled
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- ¼ - ½ Onion, finely chopped
- 1 tbsp/1.5 cc Oil or melted ghee for cooking (Vegan cooks can use butter substitute)
- 2 tbsp/28 g Raisins, more to taste
- 3 tbsp/42 g Slivered almonds (they will retain texture if you lightly toast them first)
- 4 tbs/56 g Green peas, fresh or frozen but not canned.
- 1 tbsp/14 g Curry powder
- 1 tsp/5 g Garam masala (you can also use Ras el Hanout or Hawayij mixes)
- Egg for egg wash (vegan cooks can skip this)
- Generous pinch of saffron threads
- Salt and pepper to taste

Step 1: Make the Veggie Filling

1. Boil the potato whole in unsalted or lightly salted vegetable broth, to add some flavor.
2. Drain the potato and allow it to come to room temperature, then cut it into small cubes. (If you cube it and then boil it you will lose a lot of the potato and potato starch.)
3. Sauté the chopped onion in oil or ghee until translucent.
4. Add the cubed potatoes, green peas, curry powder, garam masala, and saffron. Sauté until the peas are tender.
5. Add the raisins, and continue to sauté over medium to low heat until the raisins are soft.
6. Add the toasted slivered almonds and mix gently.
7. Allow this mixture to cool.

Step 2: 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.



Veggie Tasties

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2. Lightly grease a baking sheet/pan.
3. 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.
4. 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)
5. Egg wash your pastries with a brush or the back of a spoon using a light amount of beaten egg. (Vegan cooks can skip this step. The pastry may slightly separate while baking but will still be delicious.)
6. Gently spoon your veggie filling onto the left side squares. Be careful not to use too much or you will have trouble sealing the pastry.
7. Place the right side squares on top of the pastry. The egg wash will help them adhere a bit.
8. Use the tines of a fork to press the pastries closed all around the edges.
9. Egg wash the top of the pastry squares. (Vegan cooks, skip again, just be aware your pastries won't quite get that golden look.)
10. Bake until lightly brown. 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!

