



Seasonal Pastries

Recipe by Cassie Smith

A staple in my freezer is a pack of puff pastry sheets! (short crust pastry is an alternative)

Making the most of your in season produce means utilising even the tired produce.. There's something immensely satisfying about turning a sad, soft apple into a warm cinnamon strudel, or emptying out the freezer's fruit stash for a rustic Danish pastry.

If you're looking for a few more low-effort, high-reward ways to transform those aging fruits and savoury leftovers into pastry perfection, here are some of my Priceless Pastries:

INGREDIENTS

Butter Chicken Parcels: Mix some precooked peas to your left-over Butter Chicken and wrap in Puff pastry, brush edges and top with beaten egg, before baking.

Roast Vegetable Pastie: Chop the cold leftover roast vegetables (and meat), mix with other cooked veg eg. peas or beans and wrap in pastry brush edges and top with beaten egg, before baking. (optional add a few spoons of gravy to the mix – or reserve as an accompaniment)



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Mini Quiche: Cut each pastry sheet into 9 squares and mould into a muffin pan, Add a teaspoon of favourite leftovers, cover with a mix of beaten eggs and top with grated cheese before baking 20-25mins.

Stewed Apple or Quince and Raspberry Strudel: Mix some precooked Apple or Quince with fresh or frozen raspberries (with sugar to taste) and wrap in puff pastry, brush edges and top with beaten egg, before baking. Sprinkle top with cinnamon sugar for extra pizzazz.

Apple Strudel: Mix some stewed apples with sultanas, cinnamon, ground cloves, brown sugar and a few breadcrumbs. Wrap in Puff pastry, brush edges and top with beaten egg, before baking. Sprinkle top with cinnamon sugar for extra pizzazz

Fruit Custard Danish: Cut pastry sheet into four squares place a spoon of cold custard and a few stewed fruits or berries on top. Fold either two or four corners to the centre, brush edges and top with beaten egg, before baking.

DIRECTIONS

- 1.Pre- heat oven to 200 degrees Celsius (180degrees fan forced)
- 2.Grease baking tray
- 3.Cook until golden brown
- 4.Cooking time will vary depending on size of pastry item. Large pasties may take around 40 minutes, but mini quiche or Danish may only take 20 minutes

Tips

- 1.Always use cold fillings
- 2.Ensure the mix is not too watery (perhaps drain of excess liquid/sauce)
- 3.Add a few breadcrumbs to make a firmer mixture (in both savoury or sweet dishes)
- 4.Season/Sweeten by taste (remember prepared ingredients may already be desirable)
- 5.Don't rely only on time for cooking, they are ready when the pastry is golden brown.



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