

Vol-Au-Vents

Serves: 32 tastings



Note: Picture above showed leek and mushroom but pumpkin and broccoli will be used.

From the garden: Pumpkin, broccoli & thyme

Equipment:

- Medium saucepan x 1
- Wooden spoon x 1
- Pastry cutter x 1
- Fork x 2
- Kitchen scale
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Baking trays x 2
- Baking paper

Ingredients:

- 50g butter
- 2 tablespoons olive oil
- ½ onion (finely chopped)
- 1 tablespoon thyme (leaves only, chopped)
- ¼ pumpkin (cut into small cubes/chopped)

- 1 head of broccoli (chopped)
- 4 tablespoons plain flour

- 2 cups milk

- 1 cup grated cheese
- 1 teaspoon salt

- 8 sheets puff pastry

Method:

1. Heat oven to 190C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Stack 2 sheets of pastry together and cut the thick pastry into 9 squares.
4. Then gently press a pastry cutter half way through in the middle of each square.
5. Put the pastry squares onto lined baking trays.
6. Bake in the oven for 15 minutes or until risen and golden brown. Set aside.
7. Meanwhile, heat a medium saucepan over medium-high heat, add butter, oil, onion, thyme and pumpkin, cook until onion is softened.
8. Add broccoli and flour, stir until vegetables are coated with flour.
9. Add milk, continue stirring until mixture is thickened then lower the heat and cook until pumpkin is softened. Remove from heat.
10. Add cheese and salt, stir until cheese has melted.
11. Use a fork to gently push the middle of the pastry down to create a hole.
12. Spoon pumpkin-broccoli mixture into each pastry case.
13. Serve into 5 large serving plates.