



## Puff Pastry Strudel Fingers.

Loads of sweet and savoury fillings can be used to make great finger food Strudels.

### Ingredients

Puff pastry sheets – frozen                      1 egg for glazing

### Possible Fillings:

Bacon, Spring Onions, red capsicum and Pizza Cheese and a little Sundried Tomato and Capsicum filling. Etc

Tuna, spring onions, cheese and mayo.

Roasted Pumpkin, Fetta and Chilli and Red onion Filling.

Mango or peach or apple and the cream mixture from the mango tart recipe.

1 medium onion – diced	150-200gms baby spinach leaves (washed)	300gms pumpkin
1 T panch phora	2 cloves crushed garlic	salt & pepper

Chicken, bacon and mushroom casserole. Or any tasty casserole.

Spiced Apple and custard. Or Boysenberry and Creamy custard Mix etc etc.

1. Defrost a sheet of puff pastry.
2. Cut the sheet into 3 long rectangles.
3. Brush the edges with egg glaze.
4. Place or pipe a narrow line of filling down the centre of each rectangle.
5. Roll the pastry round the filling and press carefully, to seal the join.
6. Place seam side down on a baking mat lined tray.
7. Lightly cut diagonal slashes every cm down the length of the pastry roll.
8. Brush with egg glaze.
  - a. Savoury ones, you can add a sprinkle of sesame seeds or grated parmesan.
  - b. Sweet ones you can sprinkle with flaked almonds or a little hail sugar.
9. Bake in a hot oven for 15-20 mins. Until pastry is really, golden.
10. Slide onto a cooling rack.
11. To serve, slice into short fingers.
12. Dust sweet ones with icing sugar, serve with tea, coffee or ice cream.

## Mango Flan

Deliciously crisp pastry with a creamy filling and topped with slices of ripe, delicious Mango.

This is enough pastry to make 2 flans. Can freeze the leftover pastry for another day.

### **Ingredients**

125gms soft Butter	4 T caster sugar	1 t Vanilla Essence
1 egg		
1 C Plain Flour	$\frac{3}{4}$ C S.R. flour	2 T custard powder
$\frac{1}{2}$ C desiccated coconut (toasted if you have time)		

1. In a food processor, cream butter, vanilla essence & sugar until light and fluffy.
2. Beat in the egg until mixture is light and fluffy.
3. Add in the flours, coconut and custard powder, tip the pastry out into a bowl, press the pastry together into a ball.
4. Place in a freezer bag and put in fridge for about 30 mins.
5. Cut off about half the pastry and roll out into a large rectangle, a little larger than your flan/pastry tin.
6. Lift the pastry on your rolling pin and lay into the tin.
7. Press into place. Trim the edges with your fingers.
8. Freeze the pastry in the tin, for 5-10 mins.
9. Line the pastry with baking mat or baking paper, add ceramic pastry beads.
10. Blind bake for about 15 mins in a hot oven. Take out of oven, lower oven temp by 20°, carefully remove beads and liner.
11. Return to oven for 5-10 mins more, until base is golden.
12. When cool and firm, gently remove from tins and allow to become cold.

### **Filling the Mango Flan**

Make this quick and easy filling and top with juicy, sweet mango slices for a really, scrumptious summer dessert. Do not even think about using commercial frozen or canned mangoes. Wait until they are in the shops and cheap, then freeze your own peeled mango cheeks.

### **Ingredients**

200-300mls/gms Sour Cream	2 t vanilla essence	1 T Creamy Custard Mix
2 T caster sugar	1-2 ripe Mangoes	

1. Blend the sour cream with the vanilla, sugar and Creamy Custard Mix until thick.
2. Spread down the centre of your pastry shell.
3. Drizzle a little Peach and Passionfruit filling over the creamy filling.
4. Top with thin slices of mango, set at an angle across the flan.
5. Chill before serving.
6. Drizzle/brush a little Peach and Passionfruit filling over the mangoes, slice and serve with a dust of icing sugar and perhaps some ice cream.