



Curry Vegan Puffs

Healthy savouries, easy to make and tasteful.

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INGREDIENTS

Makes approx. 5 puffs



**Unbleached white
Bread Flour** (type T55)

500g



Salt

8g



Cold water

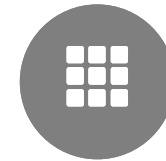
150ml



Filling :

Use seasonal products

Cauliflower 100g
Broccoli 100g
Onions 50g
Spinach 100g
Artichoke 100g
Powder curry 5g
Olive oil 10g



**Vegan margarine
unsalted**

200g



MAKING THE DOUGH

1. Take the margarine put of the fridge 1 hour before.
2. Weight down the ingredients to make the pastry in to the mixing bowl. In order, Flour, salt and the water.
3. With a dough hook mix the dough for 10 minutes on medium speed. Need to develop the gluten in the flour. This is an important step. If the gluten is not developed the dough will break when rolling out and will collapse during baking.
4. Mould in to a ball and rest for 30 minutes in the fridge. The dough needs to rest so it can be rolled out with shrinking. Resting the dough is very important.



MAKING PUFF PASTRY

5. Soften the margarine by placing between two pieces of paper. Hit it with a rolling pin until it becomes thin and soft.
6. Roll out the pasty in a rectangle shape on a flour table top.
7. Cover half the pasty with the margarine, and then fold over the other half of pasty to make a sandwich of bough and butter.
8. Now we start to layer the pastry and need about 729 layers of pastry and margarine for the flaky and light texture when baked. We will do six 3 folds turns. To do this roll the pastry out in a rectangle shape. Bring over one edge and cover 1/3 of the pastry. Then bring over other edge and cover the first piece.

729 LAYERS

9. Roll out again the pastry in to a rectangle and do another 3 fold turn.
10. Cover and place into the fridge for 30 minutes to relax. The dough need to relax to stop shrinkage and the pastry from braking. This is 2 out of 6 three folds.
11. Then add to more 3 folds (steps 8 and 9) the rest for 30 minutes in the fridge. This makes 4 out of the 6 folds turns.
12. After 30 minutes repeat steps 8 and 9. Place back in the fridge for 30 minutes. The six 3 folds are now completed.





VEGETABLE FILLING

13. As the pastry is resting in the fridge, cut the veg into small pieces. Place in to a saucepan with cold water and a pinch of salt.
14. Bring to the boil and then take off the heat and strain the boiling water. Place the vegetables in to a bowl. Leave to cool down for 10 minutes.
15. We add the curry powder. Add to your own taste. Check by tasting the filling
16. Then add the Oliver oil and mix all together.

BUILDING THE PUFFS



12 x 12 cm

17. Take the pastry out of the fridge. Roll it out on a floured table top. Roll out to a thickness of 2mm. Cut out squares 12 cm x 12 cm, using a knife or a pizza cutter. Can use templet at the bottom of this recipe sheet.
18. Dampen the edge with water using a pastry brush or with a water spray.
19. Add the fill to the middle of the pastry square and leave 1 cm all the way round the edge.
20. Place a second square on top and push the edge of the pastry to close it down well.
21. Score the top of the pastry with a design like a leaf or diamonds and make a very small hole in the middle to let the steam out. It is very important to let the steam out for the vegetable. The pastry will not bake correctly and the outside will be baked but the middle will be still raw.
22. Place the pastries in the fridge of the min of 30 minutes. It needs to rest or it will shrink in the oven. The pastry puffs can be made 24 hours in advance and kept in the fridge. They can be frozen and kept for up to 3 months.



BAKING

23. Baking. The oven is pre-heated to 210c

24. The products are washed with soya milk with a pastry brush. And placed in the oven. Bake at 200c for 30 to 45 minutes depending on the oven. Do not open the oven door for the first 30 minutes. The products will collapse and will not bake very well. The outside will be backed but the middle will be raw. They should be a golden colour all over when they come out of the oven. When baked place on a cooling wire and left cool down for 5 minutes. They are ready to be served.

25. They can be served with a freshly made salad or with chips / fries.

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