

Artichoke & Cheese Puff Pastry Rolls



R & J Mazza
GLOBE ARTICHOKES

Ingredients

1 tablespoon oil,
1 brown onion, chopped
2 garlic cloves, chopped

1 cup artichoke hearts, chopped
1½ cups mozzarella cheese, grated
½ cup parsley, chopped
½ cup parmesan cheese, grated

5 sheets puff pastry
Milk
1 egg



How to Prepare

1. Heat oven to 200°C.
2. Heat oil in a frypan, and add onion and garlic. Sauté until cooked. Set aside & cool.
3. Place artichokes, cheeses and parsley in a bowl. Add onion & garlic. Mix well.
4. Lay out 4 sheets of puff pastry, defrosted. Brush milk on all edges. Divide filling into 4 portions and spread ¼ of filling on each sheet to 2cms of the edge.
5. Fold edges inwards and brush with milk. Roll up pastry like a swiss roll.
6. Cut 3 strips on remaining puff pastry sheet and brush with milk. Place it over pastry roll.
7. Combine egg and 1 tablespoon milk and beat well. Brush over puff pastry rolls
8. Bake for 25-30 minutes, or until golden and cooked.

Makes 4 parcels

