

Quick and Easy
Puff recipes WITH *carême*



**QUICK AND EASY
MID-WEEK MEALS**

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Mid-week often means little time to get creative in the kitchen and producing a meal that is “simple and nutritious” can suddenly loom as a major hurdle.

But it needn't be that way as there are a good number of tricks you can call on to have a simple, wholesome and nourishing tart or pie on the dining room table in around 40 minutes.

That's from go to whoa, and if you add a pinch of cheating – legitimate cheating, of course, the sort you should never beat yourself up over – you'll be recording personal bests of around 30 minutes.

A great starting point is to always use seasonal vegetables. They're not only bursting with freshness and flavour but they're available and at the most economical prices. They are also the ideal topping for an open-faced tart made with either our Carême Spelt wholemeal puff or our classic butter puff pastry.

It looks a little like a pastry pizza and is just as versatile, able to carry any veggie topping imaginable...so let your creative juices flow.

Contemplate generous coverings of everything from in-season cherry tomatoes, pumpkin and roasted broccoli or cauliflower, to roasted capsicum strips and even those leftover roast veggies from the night before.

Add a little bit extra with those ends of feta, bocconcini, cheddar or other types of cheese lurking in some distant corner at the back of the fridge and finish off your creation with a generous sprinkling of fresh herbs.

To get you started we have created six dishes featuring puff pastry, simple pies and open faced tarts, all requiring minimal effort and achieve maximum results.

Claire & William Wood





Quick and easy mid-week meals:

ALL BUTTER PUFF PASTRY

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POTATO MASCARPONE AND SAUSAGE TARTS

Serves: **6** | Skill Level: **EASY** | Prep/cook time (mins): **40**

INGREDIENTS

- 1 x 375g packet Carême All Butter Puff Pastry, defrosted
- 100g mascarpone cheese
- ¼ cup + 2 tablespoons finely grated parmigiano reggiano cheese
- Salt and pepper, to taste
- 300g potatoes, thinly sliced
- 1 tablespoon olive oil
- 3 pork and fennel sausages
- 1 egg
- Few sprigs fresh oregano - *optional to serve*

METHOD

- 1 Preheat oven to 200 degrees Celsius fan-forced.
- 2 Lay the pastry vertically and cut the puff pastry in half down the middle from top to bottom so you have two 27 x 17.5 cm tarts and place both on a large tray. Score a 1.5cm border around the edge of each tart.
- 3 In a bowl combine the mascarpone and ¼ cup grated cheese, season with salt and pepper and mix until well combined. Top each tart with ½ of the mixture leaving the border free.
- 4 Toss the potatoes in the olive oil and season with salt and pepper. Layer the potatoes over the cheese mixture slightly overlapping each other. Squeeze the sausages out of their casings and dot 2cm pieces of sausage all over the tarts. Top with the additional grated cheese.
- 5 Brush the edges of the tarts with beaten egg and bake for 30 minutes or until the edges are golden and the sausage is cooked. Serve immediately with fresh oregano.

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CHICKEN, CRÈME FRAÎCHE AND KALE PUFF PIE

Serves: **6** | Skill Level: **EASY** | Prep/cook time (mins): **40-50**

INGREDIENTS

- 2 x 375g packet Carême All Butter Puff Pastry, defrosted
- 350g cooked shredded chicken
- 200ml crème fraîche
- 1 bunch kale, roughly chopped
- ¾ cup frozen peas
- 1 teaspoon dried tarragon
- Salt and pepper, to taste
- 1 egg

METHOD

- 1 Preheat oven to 200 degrees Celsius fan-forced.
- 2 Line the base and sides of a 20cm round spring form pan with spray oil and baking paper.
- 3 Place kale in a microwave-safe bowl. Cover. Microwave on high (100%) for 3 to 4 minutes or until wilted. Drain and roughly chop again.
- 4 In a bowl combine chicken, kale, peas, tarragon and crème fraîche. Season with salt and pepper.
- 5 Use one sheet of pastry to line the base and sides of the spring form pan. Spoon chicken mixture into pastry and use the second sheet to cover filling. Cut a cross in the centre and the cover the top pastry with the bottom. Brush with egg and bake for 30 minutes or until the top of the pie is golden. Serve immediately.



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MEDITERRANEAN PUFF PIZZA

Serves: **6** | Skill Level: **EASY** | Prep/cook time (mins): **40**

INGREDIENTS

- 1 x 375g packet Carême All Butter Puff Pastry, defrosted
- 2 teaspoons olive oil
- 70g chargrilled capsicum strips
- 4 tablespoons of green or black olive tapenade
- 260g vine ripened cherry tomatoes
- 100g Greek feta, crumbled
- Salt and pepper, to taste

METHOD

- 1 Preheat oven to 200 degrees Celsius fan-forced.
- 2 Lay the pastry vertically and cut the puff pastry in half horizontally and then cut each in half vertically so you have four small rectangular pizzas.
- 3 Top the puff pizza bases with dollops of olive tapenade, chargrilled capsicum strips and vine ripened cherry tomatoes. Season to taste, then crumble over the feta and bake for 30 minutes until the edges are golden and the base is crisp.



Quick and easy mid-week meals:

SPELT BUTTER PUFF PASTRY



MOROCCAN LAMB TART

Serves: **6-8** | Skill Level: **EASY** | Prep/cook time (mins): **40**

INGREDIENTS

- 1 x 375g packet Carême Spelt Puff Pastry, defrosted
- 250g lamb mince
- ½ spanish onion, finely chopped
- 1 garlic clove, crushed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 120g feta cheese, crumbled
- Juice ½ lemon
- 1 tablespoon olive oil
- 2 tablespoons pine nuts
- Salt and pepper, to taste
- ⅓ cup Greek yoghurt
- ¼ cup continental parsley leaves, plus extra to garnish
- Lemon wedges, to serve

METHOD

- 1 Preheat oven to 200 degrees Celsius fan-forced.
- 2 In a bowl, combine lamb mince, onion, garlic, cumin, coriander, 70g of feta, lemon juice and olive oil and mix with your hands until well combined.
- 3 Lay the pastry out on a lined baking tray and score a 2cm border around the edge. Scatter the filling over the top of the pastry leaving the border free. Top with scattered pine nuts. Brush the edge with egg and bake for 30 minutes until the edges are golden and the base is crisp.
- 4 Meanwhile, combine the yoghurt, parsley leaves and remaining feta in a mini food processor and blend until completely combined and it has become a bright green sauce. Remove the tart from the oven and serve immediately with dollops of the green sauce, parsley leaves and lemon wedges.



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SPELT BUTTER PUFF PASTRY



BROCCOLI, BACON AND PARMESAN TARTS

Serves: **6** | Skill Level: **EASY** | Prep/cook time (mins): **30-40**

INGREDIENTS

- 1 x 375g packet Carême Spelt Butter Puff Pastry, defrosted
- 100g cream cheese
- 100g feta
- 1 whole egg
- 500g broccoli cut into small florets
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 large clove garlic
- 3 slices bacon diced (optional)
- 25g parmesan

METHOD

- 1 Pre-heat oven to 200 degrees Celsius fan-forced.
- 2 In a mini food processor blend the cream cheese, feta and egg with a grind of black pepper.
- 3 Line a baking tray with baking paper. Un-roll the pastry, cut in half length ways, then cut each half into three portions to give six pieces in total. Place pastry on the baking tray ensuring there is at least 3cm space between each piece.
- 4 Toss the broccoli florets in a large bowl with olive oil, salt and pepper. Using a microplane grate the garlic over the broccoli and toss to coat.
- 5 Brush a 2 cm border around each tart with beaten egg. Add a tablespoon of the cream cheese mix to each tart staying within the border, top with the broccoli florets. Bake for 20 minutes or until the pastry is golden and the broccoli slightly charred.

OPTIONAL: While the tarts are baking sauté the bacon until crispy. Top the tarts with crispy bacon and grated parmesan.



Quick and easy mid-week meals:

SPELT BUTTER PUFF PASTRY



MUSHROOM AND SPINACH SLICE

Serves: **6** | Skill Level: **EASY** | Prep/cook time (mins): **40-50**



INGREDIENTS

- 1 x 375g packet Carême Spelt Butter Puff Pastry, defrosted
- 500g mushrooms, quartered or cut into 2cm pieces depending on size
- 1 tablespoon fresh thyme leaves
- 1 garlic clove
- 1 teaspoon chilli flakes (optional)
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 150g baby spinach
- 1 brown onion diced
- 120g Scamorza (Mozzarella) torn or cut into 2cm pieces
- 1 egg beaten

METHOD

- 1 Preheat oven to 200 degrees Celsius.
- 2 Toss the mushrooms with the thyme leaves, chilli (if using), olive oil, salt and pepper. Using a microplane grate the garlic over the mushrooms and toss to coat. Place on a baking tray and roast mushrooms for 8 minutes.
- 3 Meanwhile sauté the diced onion in olive oil until translucent, then add the spinach and stir until wilted, remove from heat.
- 4 Combine mushrooms with the spinach and onion, set to one side to cool (transfer to a large tray to speed this up), check for seasoning.
- 5 Lay the pastry vertically and cut in half horizontally so you have two 27 x 17cm pieces. Place one piece on a baking tray lined with baking paper. Top the pastry with the cooled mushroom mix, scatter over the scamorza, place the second sheet of pastry on top (no need to seal edges), brush the top with beaten egg. Bake at 200 degrees Celsius for 15 minutes, reduce oven to 180 degrees Celsius and continue to bake for 15 minutes or until pastry is golden.

TIP: Scamorza is a type of mozzarella, a semi-soft cow's milk cheese, sold in a 'pear' shape. Made in the same way as mozzarella it is drier and firmer. It melts really well and is less watery than fresh mozzarella. Brands to try: That's Amore or La Casa del Formaggio.

*Carême Pastry is proudly
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