

The Pampered Chef®
Caramelised Onion & Cheese Puffs
Recipe

1 large onion, chopped
15 g butter
1 clove garlic, pressed
1 tablespoon clear (runny) honey
1/2 teaspoon freshly ground black pepper
50 ml red wine
5 sun-dried tomatoes packed in oil (about 40 g drained weight), drained, patted dry and finely chopped
1 packet (500 g) chilled fresh (or frozen, defrosted) ready-made puff pastry
1 packet (200 g) full fat soft cheese
1 egg, lightly beaten

- 1 Chop onion on **Cutting Board** using **Food Chopper**. Melt butter in **20-cm Sauté Pan** over low heat; add onion and garlic pressed with **Garlic Press**. Cook gently 5-6 minutes, stirring occasionally. Stir in honey and black pepper; cook 3-5 minutes or until onions are softened and caramelised. Stir in red wine. Increase heat and bring to a simmer; cook until mixture is almost dry. Remove pan from heat; leave to cool. While onion mixture is simmering, finely chop sun-dried tomatoes using **Forged Cutlery Utility Knife**; mix tomatoes into onions using **Small Mix 'N Scraper®**.
- 2 Preheat oven to 200°C/fan 180°C/Gas 6. Whilst onion mixture is cooling, prepare pastry. Lightly sprinkle work surface with flour. Using lightly floured **Baker's Roller®**, roll half of pastry into a 30-cm square. Cut rolled pastry into sixteen 7.5-cm squares using **Pizza Cutter** (do not separate squares).
- 3 Using half of onion mixture, spoon a little onion mixture onto centre of each square, dividing evenly; place 1 teaspoon soft cheese on top of each square. Lightly beat egg in **Prep Bowl** using **Stainless Whisk**; brush beaten egg over cut lines in pastry and around outside edges of large square. For each appetizer, bring two opposite corners of each square up over filling, pinch together firmly and twist or fold over. Flatten puffs slightly with fingertips. Place on **Medium Round Stone**; brush tops with beaten egg.
- 4 Bake 20-25 minutes or until deep golden brown. Transfer to serving platter using **Mini-Serving Spatula**. Repeat with remaining pastry, onion mixture and soft cheese to make a total of 32 puffs. Serve warm.

Yield: Makes 32 puffs

Per serving: (per puff) Energy 424kJ/103kcal; Protein 1.4g; Carbohydrate 6.5g; Fat 7.9g; Saturated Fat 2.8g; Fibre 0.3g; Salt 0.2g

Cook's Tip: To make Caramelised Onion & Walnut Puffs, substitute 25 g chopped walnuts for the sundried tomatoes. Proceed as recipe directs. After brushing tops of pastries with beaten egg,

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roll tops in 30 g finely chopped walnuts. Bake as recipe directs.

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