

Recipe- Mushroom - Stuffed Puffs

Clinton Kelly-The Chew Weekdays [Adapted by Tim Free]

Ingredients (serves about 6-8 as an appetizer)

Mushroom Stuffing

Olive oil	1-2 Tbs
Butter	1 Tbs
Crimini mushrooms, sliced thin	½ lb
Carrot, small grated	1
Celery stalk, small, grated	1
Onion, small, peeled & grated	1
Garlic, minced	1 clove
White wine	2 Tbs
Panko bread crumbs	¼ Cup
Pecorino Romano cheese, grated	2 Tbs
Parsley, fresh, chopped	2 Tbs
Salt & pepper	to taste

Puffs

Frozen puff pastry (thawed)	1 sheet
Egg, medium	1
Milk, any kind	abt. 1 Tbs
Spray oil	as needed

Sauce (optional-my addition)

Butter	1 Tbs
Shallots, minced	1 Tbs
Chicken or vegetable stock	1 ½ Cups
Butter	1 Tbs
Flour, all-purpose	1 Tbs
Balsamic vinegar	to taste
Salt and pepper	to taste

Special cooking paraphernalia:

Mini non-stick muffin tins	3
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Method

Make stuffing

In a medium pan, heat Olive oil and butter; add mushrooms and cook over medium heat until wilted. Add carrots, celery, onion, and garlic, cook until onions are soft and translucent. Add white wine, deglaze pan, and remove from heat. Add Panko bread crumbs, cheese, and parsley. Allow to cool. Preheat the oven to 350°F. Season to taste with salt & pepper. Meanwhile,

Prepare & bake puff pastry “cups”

On a large cutting/pastry board that’s just lightly floured, roll out puff pastry sheet until it’s a little more than 15 inches square. Trim edges to make it square, then cut the dough into 3” squares (it should yield about 25 or so squares). Prepare mini non-stick muffin tins with spray oil. Place the 3” puff pastry squares over the holes of the muffin tins, pressing down in the center and sides to create a pastry well in each hole. Make an egg wash by beating the egg and milk together in a small bowl. Brush the “cups” of puff pastry with this egg wash. Fill each well with about a heaping tablespoon of the mushroom mixture. When all the wells are filled, place muffin tins in the preheated oven and bake 18-20 minutes, until the puff pastry is golden brown. Meanwhile,

Make sauce

Melt 1 Tbs butter in a small sauce pan, and add the minced shallots. When softened, remove from heat and carefully add the stock. Return to the heat and bring to a fast boil, and reduce the stock by ½. Reduce heat to lowest level. In a separate small pan, add 1 Tbs butter and melt, then add 1 Tbs flour. Cook about 5 minutes on low-medium heat, then reduce heat to very low. Add a few tablespoons of the stock to this “roux” (butter-flour mixture), stirring/whisking until it’s incorporated. Add a bit more, and repeat until the roux has thinned enough to be liquid. Add a tablespoon of the thinned roux to the stock, whisking to dissolve any lumps. Turn off the heat on any remaining roux. Raise the heat a little on the stock saucepan, and continue whisking until it thickens, adding more thinned roux if needed. Taste the sauce and adjust its balance with balsamic vinegar, salt and pepper.

Serve

When the puff pastry – mushroom “cups” are done, remove from the oven. To serve, place “cups” on plates or a platter, topping each “cup” with a teaspoon or 2 of the optional sauce.