CHICKEN AND EMMENTAL PASTIES

INGREDIENTS

- 120 g Emmental cheese in pieces (3 cm)
- 500 g water
- 2 tsp vegetable stock paste, homemade or 1 vegetable stock cube
- 300 g chicken breast fillet
- 6 sprigs fresh parsley, leaves only
- ½ tsp salt
- 1 pinch pepper, freshly ground
- 150 g sour cream
- 10 frozen puff pastry squares, (10X10 cm) thawed
- 1 egg lightly beaten
- 2 tsp sesame seeds or nigella seeds

1. Preheat the oven at 220°C (see Tip 1)
2. Place the cheese in the mixing bowl and cut 7 sec/speed 6. Transfer to a bowl and set aside.
3. Place water in the mixing bowl and add the vegetable stock. Cut the chicken breasts in half or 4 if too big and place in the basket. Place the simmering basket in position and steam 20 mins/Varoma/speed 1. Check if the chicken is cooked, if not move the chicken pieces around and prolong cooking as needed. Remove basket with chicken and set aside.
4. Discard the water in the mixing bowl. Place the cooked chicken, parsley, salt and pepper in the mixing bowl and shred 4 sec/speed 5.
5. Add the reserved cheese, and soured cream in the mixing bowl. Mix 5 sec/speed 3. Taste and adjust seasoning if needed.
6. Divide the chicken mixture between the pastry squares. Brush the border with little water then fold diagonally to enclose the filling and form triangular parcels. Using your fingers, press or pinch the edges together to seal.
7. Place the parcels on a baking tray leaving enough room between each to puff up. Brush with the beaten egg, sprinkle with sesame or nigella seeds and bake in preheated oven (220°C) for 20-25 minutes until puffed and gold. Serve warm or allow to cool on a cooling rack before storing in airtight container in the refrigerator.

USEFUL ITEMS

- Baking tray
- Brush

TIPS

1. It is important that the oven is very hot before you place the pasties in, otherwise they won’t puff up as much.