

GF Friendly

Curried Egg Puff

puff-pastry filled with hard-boiled eggs, sardines and curry

Commonly called Jalousie, the example in the picture was made with only one sheet of pastry and getting the filling in was a bit of a squeeze. That's why I've suggested two in the recipe. **GF puff pastry is available, or shortcrust can be used.** The sardines are available in oil, but it makes the dish pretty greasy, so I recommend sticking to the ones in tomato sauce. The puff is quite large and can be used as the main course, or cut in smaller portions for an entrée.

2 sheets frozen puff pastry
4 hard-boiled eggs, mashed
125g can sardines in **tomato sauce**
1-2 tps Indian curry powder
4 Tbsps mayonnaise
1 Tbsp chopped parsely
salt and pepper to taste
water to seal
milk to glaze



The eggs can be boiled beforehand and cooled before shelling and mashing with a fork together with the sardines. Line a baking tray or slice tin with baking paper. Mix all ingredients in a bowl – add only a **little** salt and pepper if using.

Once the pastry sheets have thawed (they don't take long), put one on the paper as a base, then pile the filling in the centre and spread out evenly, leaving a 1cm (½ inch) border. Moisten this with a little water and place the second pastry sheet on top, pressing down lightly around the edge to seal. Fold this over and crimp – that's not just for show, but to ensure the filling doesn't ooze out while cooking, which is what happened to ours. Make a few cuts cross-ways into the top, then brush with milk (egg white, if you prefer).

Bake 180°C fan-forced (200°C conventional) for 15-20 minutes, or until golden brown. To serve, lift out of the tin using the baking paper and slice on a cutting board - it's easier that way.

Serves 4 with fries or wedges and salad.

Freezes well

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