



# Shortcrust canapés

15'  
Hands on

20'  
Cook Time

16  
Portion(s)

1  
Difficulty



## Ingredients

- 650 g kourou dough sheets
- 200 g mixed cheeses
- pepper
- 1 tablespoon(s) thyme
- 1 teaspoon(s) rosemary
- salt
- 1 egg yolk, diluted

For the first combination

- 100 g cream cheese
- 100 g smoked salmon
- 1/4 bunch dill
- pepper
- 50 g salmon roe

For the second combination

- 100 g cream cheese
- 50 g blue cheese
- 50 g figs
- 20 g walnuts

For the third combination

- 3 slices prosciutto
- pepper
- 1 tablespoon(s) olive oil

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Spread the kourou dough on your working surface and add the cheese over its surface.
- Add pepper, thyme, rosemary, salt, and press softly with a rolling pin, so that the ingredients stick to the dough.
- Cut into 8 strips from the shorter side. Twist each strip and roll it in the shape of a snail.
- Transfer to a [baking pan](#) lined with parchment paper, brush with the egg wash, and bake for 15-20 minutes.

To assemble

- Spread cream cheese to 1/2 of the canapés, add the salmon, finely chopped dill, pepper, and salmon roe optionally.
- To the other 1/2 spread cream cheese, blue cheese, the figs and the walnuts finely chopped.
- Lastly, spread the prosciutto, pepper and olive oil to the rest, and serve.

## Tip

The caloric content and the symbols refer to the 3rd assemble.

## Διατροφικός πίνακας

Nutrition information per portion

279 Calories (kcal)	19.0 Total Fat (g)	8.5 Saturated Fat (g)	15.0 Total Carbs (g)
14%	27%	43%	6%

0.5 Sugars (g)	10.0 Protein (g)	0.7 Fibre (g)	1.3 Sodium (g)
1%	20%	3%	22%