



# Vol-au-vent

20'  
Hands on

25'  
Cook Time

25-30  
Portion(s)

2  
Difficulty



## Method

- Preheat oven to 190\* C (374\* F) Fan.
- Spread the puff pastry sheet on a working surface and gently roll it out.
- Use an 8 cm round cookie cutter to cut out 20 circles in the puff pastry.
- Using a 5 cm round cookie cutter, cut out the inside of 10 puff pastry circles. Leave the remaining 10 whole. In this way you will have 10 whole circles, 10 smaller circles and 10 rings. The small circles will be used as lids for the "nests".
- Line a [baking pan](#) with parchment paper and spread out the 10 large circles and 10 smaller circles. Brush with egg wash (the egg yolk diluted with water).
- Place the rings over the large circles and brush with egg wash.
- Use a fork to prick the inside of the large circles with rings so that they don't puff up while baking.
- Bake for 20-25 minutes.
- When ready, remove from oven and set aside to cool.
- At this point you will have 10 puff pastry "nests" and 10 lids.

For the 1<sup>st</sup> filling

- Finely [chop](#) the mushrooms and the onion. Transfer to a bowl.
- Add the salt, pepper, cumin and yogurt. Mix thoroughly.
- This mixture can be used to fill up to 10 vol-au-vent. Fill and cover with lids.
- Serve with mandarin slices and thyme.

For the 2<sup>nd</sup> filling

- Cut the eggs into slices and transfer to a bowl.
- Add the mayonnaise, curry, mustard, lemon juice, a generous amount of pepper, salt and oregano. Mix well.
- This mixture can be used to fill up to 10 vol-au-vent. Fill and cover with lids.
- Serve with the green part of a spring onion (finely chopped) and oregano.

For the 3<sup>rd</sup> filling

- In a blender, add the heavy cream, cream cheese, salmon, mustard, dill and lemon zest. Beat until all the ingredients are completely combined and it thickens.
- This filling is enough to fill 10 vol-au-vents. Fill and cover with lids.
- Serve with salmon, lemon wedges and dill.

## Tip

The nutritional chart refers to the 2nd filling!

## Ingredients

- 420 g puff pastry sheets
- 1 egg yolk, diluted with 1 tablespoon water

For 1st filling

- 150 g champignon mushrooms, sautéed
- 1 onion
- salt
- pepper
- 1/2 tablespoon(s) cumin
- 150 g strained yogurt
- 1 tablespoon(s) thyme

For 2nd filling

- 3 eggs, boiled
- 100 g [homemade mayonnaise](#)
- 1 teaspoon(s) curry
- 1 teaspoon(s) mustard
- 1/2 teaspoon(s) lemon juice
- salt
- pepper
- 1 tablespoon(s) oregano
- 4 spring onions

For 3rd filling

- 100 g heavy cream 35%
- 150 g cream cheese
- 200 g smoked salmon
- pepper
- 1 teaspoon(s) mustard, dijon
- 1 tablespoon(s) dill
- lemon zest, of 1 lemon

## Διατροφικός πίνακας

Nutrition information per portion

157 Calories (kcal)	13.0 Total Fat (g)	3.0 Saturated Fat (g)	5.8 Total Carbs (g)
8%	19%	15%	2%
0.8 Sugars (g)	3.6 Protein (g)	0.0 Fibre (g)	0.27 Sodium (g)
1%	7%	0%	5%