

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 57: Savory Pistachio Palmiers

From Chef Hans: I loved getting to visit with Stacy Martin from Seahorse Snacks, who showed us how to make this easy snack that will be welcome at any party spread. Remember to use what you've learned to customize this recipe to what you find works for your digestive needs. If you can handle lactose, why not substitute in your favorite triple cream brie? Or if you love goat cheese like I do, throw in an extra ounce for an additional boost in protein. Too much sugar in those dried cranberries? Try reducing the recipe a bit to 1/4 cup. You can discover fun ways to make it your own.

SEAHORSE SNACKS PISTACHIO PALMIERS

Serves 12

INGREDIENTS:

- 1 puff pastry sheet, defrosted
- 2 oz herbed goat cheese, softened
- 1/3 cup dried cranberries
- 1/3 cup pistachios (or try Seahorse Snacks' "Chili Turmeric Pistachios!")
- 1 tbsp flour (for dusting)

DIRECTIONS:

Lightly dust some flour over your workspace so your food doesn't stick as you assemble.

Defrost your puff pastry and lay it over the flour. Take a rolling pin (lightly dusted with flour as well) and slightly roll out the puff pastry further to make slightly thinner and larger dough. Smear the goat cheese evenly over the puff pastry. Sprinkle the dried cranberries and pistachios evenly over the puff pastry.

Starting from the horizontal sides, gently roll each side to meet at the center of the pastry. Be sure to pop any bits of cranberry or pistachio back in as you go! Take the rolled up pastry and cut 12 pieces down the roll. Lay each "heart shaped" piece down on its side out on a nonstick backing sheet. Don't worry if they look a little mushy or lopsided right now!

Store the palmiers in the fridge to chill for an hour to firm up, then move the palmiers to the oven and bake at 450° for 6min, then flip them over and bake for an additional 5min.

Don't forget to let them cool before you enjoy!