

STARTER & SNACK

Pastry Leaves

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.38	90 kcal



Ingredients

- ☐ 3 large eggs
- ☐ 24 servings liquid food coloring
- ☐ 15 ounce package of refrigerated piecrusts

EQUIPMENT Baking sheet, Baking paper, Oven, Knife, Whisk, Wire rack, Aluminum foil, Wax paper

Method

- 1

Unfold piecrusts on a lightly floured surface.
- 2

Cut leaves from piecrust using leaf-shaped cutters. Mark leaf veins using the tip of a small paring knife. One (15-ounce) package of refrigerated piecrusts will make about 24 (2- to 3-inch) leaves.To make the tinted egg wash, whisk together 3 large eggs and 2 tablespoons water.

- 3 Pour mixture evenly into small cups, tinting each with a few drops of liquid food coloring to create different colors. (We painted our leaves using four different colors of egg wash--red, yellow, orange, and green. For easy cleanup and to prevent the excess egg wash from burning on the baking sheet, paint leaves on pieces of parchment or wax paper.)
- 4 Brush leaves evenly with egg wash, beginning with lighter colors first, and overlaying with areas of darker color. Use a small artist's brush to add accents of bolder color with undiluted liquid food coloring. Crumple 2 (14-inch long) pieces of aluminum foil into 1-inch-wide strips. Coat with vegetable cooking spray, and place on a baking sheet lined with parchment paper. Gently drape pastry leaves over the strips of aluminum foil to give them a natural-looking shape; place several leaves on the baking sheet.
- 5 Bake at 400 for 6 to 8 minutes or until golden. Cool on the baking sheet on a wire rack 10 minutes. Gently remove leaves, and cool completely on a wire rack. Repeat procedure with remaining leaves.

Nutrition per serving

90	2 g	5 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.6 g · 10% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			81.3 mg · 4% of daily needs
Cholesterol			23.3 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pastry-leaves-148173