



Pumpkin and Fennel Pastries

READY IN



120 min.

SERVINGS



25

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bulgur (#3)
- ☐ 0.5 teaspoon pepper dried black red hot
- ☐ 1 large egg whites lightly beaten
- ☐ 1 fennel bulb (sometimes called anise)
- ☐ 8 ounces feta cheese crumbled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2.3 cups olive oil for brushing
- ☐ 1 medium onion chopped
- ☐ 0.5 cup pecorino grated

- ☐ 2 cups safflower oil
- ☐ 8 inch sheets you will also need: parchment paper frozen thawed (8-inch)
- ☐ 1 pound winter squash peeled cut into 1/4-inch dice

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ grater

Directions

- ☐ Chop 1/2 cup fennel fronds and reserve, then remove stalks and tough outer layer from bulb. Halve bulb and grate on large holes of a 4-sided grater.
- ☐ Heat 1/3 cup olive oil in a 12-inch heavy skillet over high heat until hot but not smoking and sauté onion, stirring, until softened, 2 to 3 minutes.
- ☐ Add pumpkin and grated fennel and cook, stirring frequently and scraping up any brown bits, until vegetables are soft, about 12 minutes. Stir in bulgur and chile flakes and cook 2 minutes.
- ☐ Add fennel fronds and mint, then remove from heat and cover.
- ☐ Let stand 15 minutes. Stir in cheeses and season with salt and black pepper.
- ☐ Keeping remaining sheets covered, brush 1 spring-roll sheet lightly with some safflower oil and place a scant 2 tablespoons filling 1 inch from edge closest to you. Form filling into a log, leaving a 1/2-inch border on each side. Fold bottom of sheet over filling, then fold in sides. Loosely roll away from you to form a cylinder, brush top edge with egg white, and press to seal. Bend cylinder into a horseshoe shape. Make more pastries in same manner.
- ☐ Heat enough safflower and olive oils to measure 3/4 inch in a deep 12-inch heavy skillet over moderately high heat until a deep-fat thermometer registers 350°F. Fry pastries 2 or 3 at a time, turning once, until golden brown, 3 to 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain and return oils to 350°F between batches.
- ☐ Serve warm or at room temperature.

- ☐
- Filling can be made 1 day ahead.
- ☐
- Let cool, and chill, covered. Return to room temperature before using.

Nutrition Facts

PROTEIN 8.54%

FAT 73.08%

CARBS 18.38%

Properties

Glycemic Index:8.2, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:6.0347826506781%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 122.14kcal (6.11%), Fat: 10.2g (15.7%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.98g (1.09%), Cholesterol: 10.68mg (3.56%), Sodium: 120.88mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin A: 2040.39IU (40.81%), Vitamin E: 2.11mg (14.07%), Vitamin K: 9.09µg (8.66%), Calcium: 72.83mg (7.28%), Manganese: 0.14mg (7.05%), Vitamin C: 5.55mg (6.72%), Vitamin B2: 0.11mg (6.33%), Phosphorus: 57.53mg (5.75%), Fiber: 1.17g (4.66%), Vitamin B6: 0.09mg (4.31%), Selenium: 2.8µg (3.99%), Potassium: 136.04mg (3.89%), Magnesium: 14.63mg (3.66%), Folate: 14.05µg (3.51%), Vitamin B1: 0.05mg (3.01%), Vitamin B12: 0.17µg (2.86%), Zinc: 0.42mg (2.83%), Vitamin B3: 0.53mg (2.67%), Iron: 0.43mg (2.38%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (1.81%)