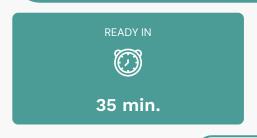


# Random s - Richmond Maids of Honour







ANTIPASTI

STARTER

SNACK

APPETIZER

### **Ingredients**

225 g philadelphia cheese soft
1 large eggs
1 large egg yolk
25 g ground almonds
18 servings enough icing sugar to dust
2 tbsp lemon curd
1 lemon zest grated

0.5 packet puff pastry

40 g caster sugar

Equipment		
	bowl	
	oven	
	whisk	
	wire rack	
	baking pan	
	pastry cutter	
Di	rections	
	Take the pastry out of the fridge about 20 minutes before you start.	
	Pre-heat the oven to 200c/180c fan/gas mark 6/400f.	
	Cut the pastry block in half, reserving the second half for another day.	
	Roll the pastry out to a square of about 28cm on a floured board.	
	Cut out circles with a 8 cm pastry cutter. Be careful not to twist as you remove the cutter. Tr for a sharp tap, as they will go a bit awry if they are twisted.	
	Place the circles on a prepared baking tray, leaving a little room between them.	
	Dot a meagre ½ teaspoon of lemon curd in the centre of each pastry.	
	In a bowl mix together the Philadelphia cheese with the sugar, lemon zest and ground almonds.	
	In a separate bowl, whisk up the egg and egg yolk then mix into the cheese mixture until well combined.	
	Dollop a spoonful of mixture over each pastry, covering the curd and soothing out, but don't take it quite to the edge.1	
	Pop in the oven for 20-25 minutes until the pastry starts to turn a little golden.1	
	Put on a wire rack to cool. Once cool, dust with icing sugar. 1	
	Say you will just have one, but be prepared to eat at least 4, if not more.	

## **Nutrition Facts**

### **Properties**

Glycemic Index:8.51, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:1.1217391199392%

#### **Nutrients** (% of daily need)

Calories: 105.67kcal (5.28%), Fat: 5.71g (8.79%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 12.39g (4.5%), Sugar: 11.86g (13.17%), Cholesterol: 33.16mg (11.05%), Sodium: 50.25mg (2.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.63g (3.25%), Vitamin A: 196.66IU (3.93%), Selenium: 2.53µg (3.61%), Vitamin B2: 0.05mg (2.87%), Phosphorus: 22.61mg (2.26%), Calcium: 18.37mg (1.84%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.07µg (1.18%), Vitamin E: 0.16mg (1.08%)