



Random s - Richmond Maids of Honour

READY IN



35 min.

SERVINGS



18

CALORIES



106 kcal

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

Directions

- ☐ 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. Try 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



 **PROTEIN 6.01%**  **FAT 47.52%**  **CARBS 46.47%**

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 %: 0% (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%)