



## Soppresata Cheese Sticks

READY IN



45 min.

SERVINGS



60

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 tablespoon dijon mustard
- ☐ 1 large egg yolk with 1 tablespoon water lightly beaten
- ☐ 0.3 cup pecorino cheese freshly grated
- ☐ 1 pound puff pastry chilled
- ☐ 4 ounces soppressata italian sliced chopped
- ☐ 1.5 teaspoons water

## Equipment

- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wax paper
- ☐ rolling pin

## Directions

- ☐ Line 2 large rimmed baking sheets with parchment or wax paper. In a food processor, work the soppressata with the Pecorino, mustard and water to a fine paste.
- ☐ Transfer the paste to a bowl.
- ☐ On a lightly floured work surface, roll out the puff pastry 1/8 inch thick.
- ☐ Spread the soppressata paste evenly over the bottom half of the dough, leaving a 1/4-inch border on the sides. Fold the top half of the dough over to cover the paste and press the edges to seal. Using a rolling pin, lightly press the top and bottom together. Slide the puff pastry onto a lined baking sheet and chill until firm.
- ☐ Roll out the pastry a scant 1/8 inch thick and cut into 3 long 6-inch wide strips. Working with 1 strip at a time and keeping the others refrigerated, trim the pastry to a neat rectangle.
- ☐ Brush with the egg wash and sprinkle with one-third of the sesame seeds.
- ☐ Cut the dough crosswise into 3/4-inch-wide sticks and arrange them 1/2 inch apart on the prepared baking sheets. Refrigerate until chilled.
- ☐ Preheat the oven to 37
- ☐ Bake the soppressata sticks for about 16 minutes, or until golden and crisp, shifting the pans halfway through baking.
- ☐ Serve warm or at room temperature.
- ☐ Make Ahead: The baked sticks can be kept in an airtight container for up to 4 days or frozen for up to 2 weeks. Recrisp the sticks in a 350 oven.
- ☐ Wine Recommendation: Bobby Stuckey: 1997 was a banner year in Piedmont, Italy, and that region's Francesco Boschis Dolcetto di Dogliani Sor San Martino bursts with fruit--a great balance to spicy cheese sticks. Madeline Triffon: Spice, salt and dairy fat--all the flavors that tame astringent tannins--call for a big red like the 1995 Nottola Vino Nobile di Montepulciano Vigna del Fattore from Tuscany.

## Nutrition Facts



**PROTEIN 8.95%** **FAT 64.3%** **CARBS 26.75%**

## Properties

Glycemic Index:2.38, Glycemic Load:1.86, Inflammation Score:-1, Nutrition Score:1.0513043461934%

## Nutrients (% of daily need)

Calories: 51.95kcal (2.6%), Fat: 3.71g (5.71%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.06g (0.07%), Cholesterol: 4.99mg (1.66%), Sodium: 68.05mg (2.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.16g (2.32%), Selenium: 2.57µg (3.67%), Vitamin B1: 0.05mg (0.34%), Vitamin B3: 0.42mg (2.11%), Manganese: 0.04mg (1.95%), Vitamin B2: 0.03mg (1.81%), Folate: 6.39µg (1.6%), Phosphorus: 13.27mg (1.33%), Iron: 0.23mg (1.28%), Vitamin K: 1.23µg (1.17%), Vitamin B12: 0.06µg (1.05%)