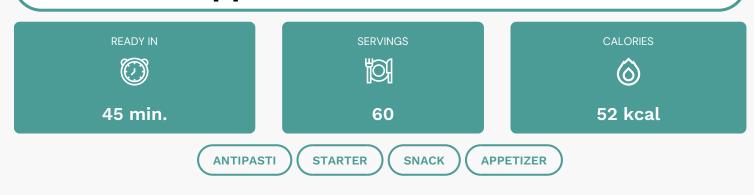


Soppressata Cheese Sticks



Ingredients

| 0.5 tablespoon dijor | mustard |
|-----------------------|-----------------------------------|
| 1 large egg yolk with | 1 tablespoon water lightly beater |
| O.3 cup pecorino ch | eese freshly grated |
| 1 pound puff pastry | chilled |
| 4 ounces soppressa | ta 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: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Selenium: 2.57µg (3.67%), Vitamin B1: 0.05mg (3.24%), 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%)