Recipe For Health | SEPTEMBER 2018

RASPBERRY TURNOVER

Flaky pastry filled with raspberries and cheese makes a delightful dessert, snack, or breakfast.

By Corporate Chef Kurt Kwiatkowski

Featured Food: Raspberries **Yield:** Makes 8 servings

Ingredients

12 oz. bag frozen raspberries Zest and juice from 1/2 lemon ½ c. water, divided ½ c. mascarpone cheese

¼ c. brown sugar 1 (17.3 oz.) box (2 sheets) puff pastry, thawed

1 packet (1 T) powdered gelatin or 1½ T vegan gel 1 T. butter 2 t. white balsamic vinegar 1 t. sugar

Preparation

Put raspberries, ¼ c. water, and brown sugar in a pot over medium heat and bring to a simmer. Decrease heat to low and let simmer for 10 minutes.

Sprinkle gelatin or vegan gel over $\frac{1}{4}$ c. of cold water. Let stand for 1 minute. Then add gel water, vinegar, lemon zest, and lemon juice to the raspberry pot. Let simmer for 2 minute. Remove from heat and let cool in fridge for minimum 3 hours.

Preheat oven to 375°F. Line a sheet tray with parchment paper or a Silpat mat. Make sure puff pastry is at room temperature. Cut each puff pastry sheet into 4 squares. Move the 8 squares of puff pastry onto the prepared sheet tray. Place 1 T. of mascarpone cheese and 3 T. raspberry sauce in the center of each pastry piece.

Seal each turnover: Use pastry brush dipped in water to wet the edges of the puff pastry. Then slightly stretch one corner and adjoining sides; fold on the diagonal to form a triangle. Press the edges down well. Use a fork to press and crimp the edges. Make sure edges are sealed. Use the tip of a paring knife to cut a little slit in the top, no more than an inch.

Lightly brush the tops with butter and sprinkle with sugar. Put sheet tray in preheated oven for 14-18 minutes until pastry dough is golden light brown.

Remove and let cool for 5 minutes. Note some of the filling may have oozed out. That's okay! Scoop it and any extra sauce onto a plate and serve.

These can be made ahead! Freeze unbaked turnovers on a sheet tray. Once frozen, transfer to freezer storage bag and return to freezer for up to 3 months. When ready to bake, place frozen turnovers on lined sheet tray and follow the same baking instructions.