

Cooking Kids

INGREDIENTS

- 50 g butter
- 50 g plain flour 1/8 cup
- 500 ml cup milk
- Puff pastry/tart shells /vol au vent
- Drizzle of oil
- 1 small pack of cream cheese
- 100g mushrooms sliced thinly
- 1 clove garlic crushed or chopped fine
- A few springs of thyme (take leaves off and chop small)
- Sprig of parsley
- Half an onion diced



Cheesy *Mushroom Pastries*

EQUIPMENT

- Saucepan x 2
- Whisk
- Spoon
- Tray for tart cases

Method

- Preheat oven to 190 degrees Celsius
- In your pot add a drizzle of oil followed by your diced onions and sautee until softened on a low heat. Add your mushrooms and sautee for 2 minutes.
- Add your garlic and herbs and cook for 2 minutes then then off the heat and put to a side .
- Place a small saucepan on the stove at low heat.
- Add butter and let it slowly, gently melt.
- Begin adding flour to the melted butter and whisk really well until the flour disappears and the mixture becomes creamy.
- Add 1/4 of the milk to the mixture. Stir very gently on medium-low heat.
- As the cream becomes dry, add more milk and continue to stir.
- Stir in your mushroom mix and as much cream cheese as you like then let cool.
- Fill your cases with the filling, brush with egg wash and cook until pastry is golden.