



Puff-pastry sticks

Ingredients for 20 sticks:

- 300 g Puff pastry (frozen)
- 2 Egg yolks
- 100 g Aged Gouda cheese
- Freshly ground pepper
- Poppy seeds
- Sesame seeds
- Caraway seeds
- Sea salt

Preheat electric oven to 180 °C. Thaw out puff pastry sheets, grate cheese, and stir egg yolk together with 2 tablespoons of water. Place pastry sheets on top of one another, roll out to a 40 x 40 cm square and brush with half of the egg yolk mixture. Sprinkle grated cheese and pepper on one half of the rolled-out square. Fold the other half over the top and press together firmly. Cut pastry into strips about 1 cm wide. Twist these into curls, place on the baking sheet and brush with remaining egg yolk. Sprinkle with poppy, sesame and caraway seeds and bake approx. 20 minutes until golden brown (electric and gas ovens: 180 °C/Level 3, Convection oven 160 °C).

Preparation time: approx. 15 minutes

Per piece:

Joule/Calories: 344/82

Protein: 2,1 g

Fat: 6 g

Carbohydrates: 4 g