



Mia Cucina - The Terrace at Frazier  
345 Frazier Avenue  
Chattanooga, TN 37405

www.theplaceforcooks.com | 423.265.4474 | m-sa 10am-7pm | su 12pm-5pm

### **Three Palmiers**

Puff pastry, filled and tightly rolled into the classic palmier shape, makes quick appetizers that may be enjoyed all year long. Using the same technique for each type of palmier, vary the fillings according to your need for savory or sweet small bites. Here are three varieties:

#### **Sun-Dried Tomatoes and Garlic Palmiers**

Makes filling for 2 sheets of puff pastry; approximately 96 mini-palmiers

(1) 8.5 oz. oil packed, julienned, sun-dried tomatoes  
2 cloves garlic, sliced

Drain the tomatoes reserving the oil, squeeze the tomatoes dry. In a food processor, process the tomatoes and garlic together until a smooth paste has been formed. Add drips of the reserved oil as needed to make a very thick paste.

#### **Pesto Palmiers**

Makes filling for 2 sheets of puff pastry; approximately 96 mini-palmiers

1/2 cup, packed, basil leaves, washed, patted dry  
1/2 cup, packed, parsley leaves, washed, patted dry  
1 cup grated Parmesan cheese  
1/3 cup pine nuts  
2 cloves garlic  
1/4 teaspoon salt  
2-3 tablespoons olive oil

Mix all ingredients, except the olive oil, in a food processor and process until finely ground. Add 2 tablespoons of olive oil and continue to process. Add additional oil if needed to make a very thick paste.

#### **Almond-Cinnamon Palmiers**

Makes filling for 2 sheets of puff pastry; approximately 96 mini-palmiers

1 cup roasted almonds  
1/4 cup sugar  
2 teaspoons almond extract  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla extract  
1/4 teaspoon salt

Mix all ingredients in a food processor and process until finely ground.

**Three Palmiers, continued on Page 2**



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### **Three Palmiers, Page 2**

Follow the process for any of the three fillings.

1. Using prepared frozen puff pastry, defrost in the refrigerator until pliable, yet still chilled.
2. On a lightly floured surface, unfold one sheet of puff pastry and roll out to a 9" x 14" rectangle.
3. Apply filling of your choice all over the rectangle in a thin, even layer.
4. Beginning long edge, roll the puff pastry in a tight roll to the rectangle's midpoint. Repeat on the opposite long edge.
5. Repeat with the second sheet of puff pastry.
6. Place the rolls on a baking sheet and chill in the refrigerator until firm, about 1 hour.
7. Preheat the oven to 400°F. Slice the roll, crosswise, in 1/4-inch slices and place on a baking sheet lined with parchment paper or a baking mat. If necessary, chill slices on the baking sheet.
8. Bake in the preheated oven for 8-10 minutes, or just until the edge begin to turn a golden brown.
9. Cool the palmiers on the baking sheet for 1-2 minutes, then transfer to a cooling rack. Serve warm or at room temperature.

**DO-AHEAD:** Make the fillings ahead of time, roll the puff pastry logs and freeze until ready to bake and serve.