

Puff Pastry Bites with Quark and Fruit

Description

Crispy puff pastry bites filled with a sweet mixture of low-fat quark, vanilla, sugar and egg. The pastries are topped with fruit of your choice and baked until golden brown.

Ingredients

2 Rollen refrigerated puff pastry
200 g low-fat quark
1 Stück raw egg
250 g vanilla pudding
4 Teelöffel sugar
100 g fruit of your choice

Method

1. Preheat the oven to 180°C fan-assisted. Alternatively, set a conventional oven to 200°C.
2. Separate the egg. The egg white will be used to brush the puff pastry, while the egg yolk will be added to the quark filling.
3. Remove both rolls of puff pastry from the refrigerator and unroll them completely.
4. Cut each roll of puff pastry into 12 equal pieces, using a three-by-four pattern.
5. Lightly brush the surface of every puff pastry piece with egg white.
6. Place the low-fat quark, sugar, egg yolk and vanilla pudding or pudding powder into a bowl.
7. Mix the ingredients thoroughly until the filling is smooth and creamy.
8. Place approximately one tablespoon of the quark filling onto each piece of puff pastry.
9. Carefully fold the corners of each pastry piece towards the centre. Part of the filling should remain visible.
10. Lightly brush the folded pastry pieces with egg white once more.
11. Place approximately one teaspoon of fruit in the centre of each pastry. The original recipe mentions apricots as an example.
12. Arrange the pastries on a baking tray lined with baking paper, leaving some space between them.
13. Bake at 180°C fan-assisted for approximately 20 minutes, or until the puff pastry is golden brown.
14. When using a conventional oven, the document recommends baking the pastries at 200°C for approximately 20 minutes.
15. Remove the pastries from the oven and allow them to cool for approximately 10 minutes before serving.
16. The pastries can also be prepared without fruit and served as simple quark pastries.