

Seafood Stuffed Puff Pastry Purses

With Caper Mint Salsa

Sides: Pureed Carrots, and Rice Pancakes with Wine Tarragon Sauce

Serves 4

June 2015, by Camine Pappas

INGREDIENTS:

Pastry Purses:

- 1.5 C each, chopped, uncooked deveined shrimp, and Dover sole filets
- 1/3 C fresh tarragon
- 2 T olive oil
- Kosher salt
- 1 T flour
- 1 T milk
- Extra flour for dusting
- 2, ready to bake thawed puff pastry sheets*, (Pepperidge Farm, 17.3 oz. package)
- 1 egg and 1 t cream blended, for brushing onto pastry

Salsa:

- 1 C chopped fresh parsley
- 1/3 C fresh chopped mint
- 3 T capers drained
- 2 small cloves garlic, chopped
- 1 small can anchovies, oil and all, chopped
- Olive oil to moisten, about 3 T
- Kosher salt, about 1/2 t
- 2 t red wine vinegar

DIRECTIONS:

Rough cut the mint, parsley, and the anchovies. Chop the garlic. Add vinegar, salt and oil. Keep chopping and blending until everything is small and blended. Keep in refrigerator for up to 6 hours.

Cut seafood into small 1/2 inch chunks. You can leave the shrimp intact in you'd like. Season with about a T of chopped tarragon, 1 teaspoon kosher salt, the flour, and the 1 T milk. Keep refrigerated for up to 4 hours.



Preheat oven to 450 degrees F. Follow directions on package to thaw and work with Puff Pastry. When thawed, roll out onto a floured surface so that you can cut each square into two pieces about 10 inches by 6 inches. When you've done that to both sheets you should then have 4 squares. (*As an alternate, if you want less fluted dough for the finished product, roll out the dough thinner so that you have 4, 6 by 6 squares out of one sheet and you can just fold over the dough and seal as opposed to tying it up like a package.*) Now, brush the egg wash onto the entire surface of the dough. Place $\frac{3}{4}$ C of the seafood onto the dough and fold up into a sack and seal, cutting 3 small slits into each one. Place on a greased cookie sheet. When you put the purses into the oven, reduce the heat to 375 degrees F and cook for about 35 minutes or until the puff pastry is done and browned.

Serve with caper salsa. I also created a white wine tarragon sauce: Melt 2 T butter in a saucepan. Add $\frac{1}{2}$ C white wine and let reduce by half. Add 1 t flour to 3 T wine, whisk, and then add to heated mixture, whisking until slightly thick. Add some kosher salt and the tarragon and keep warm. Serve ladled over your meal.



©Photo and Recipes Copyright, Camine Pappas, 2015