

Tuna puff pastry with the thermomix

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For the Thermomix puff pastry :

250g of flour

250g of frozen butter, cut into pieces 1 hour before

125g of water

1 teaspoon of salt For the filling :

240g of tuna

50g of gruyère cheese

2 tablespoons of mustard

1 egg yolk

1/2 onion

Salt and pepper

Chives

Parsley

To cook an excellent fish appetizer in the Thermomix, you need :

For the Thermomix puff pastry :

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Put the flour, water, butter, and salt in the Thermomix bowl and mix for 15 seconds on speed 6.

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Flour the work surface and roll out the dough into a rectangle that is longer than it is wide.

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Fold the dough into thirds. To do this, fold the third of the dough farthest from you onto the middle third, then fold the last third on top to form a three-layered dough.

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Repeat this process 3 times.

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Chill the dough in the refrigerator for 30 minutes.

For the filling with the Thermomix :

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Preheat your oven to 180°C (350°F).

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Peel the onion, then put it in the Thermomix bowl and blend for 5 seconds on speed 5.

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Add the tuna, egg yolk, mustard, parsley, chives, salt, and pepper to the bowl, and program for 15 seconds on speed 3.

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Roll out the dough and cut it into 15cm (6-inch) squares.

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Place the tuna mixture in the center of each square and sprinkle with grated gruyère cheese.

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Fold each corner of the square towards the center and firmly seal the dough.

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Place the puff pastries on a baking sheet and bake for 30 minutes.

You will enjoy this Thermomix appetizer made with the Thermomix TM31, TM5, and TM6. Yum! ;)