

# *Palmiers with Parsley Pepita Pesto*



REBECCA PROCTOR

“These light puff-pastry appetizers couldn't be simpler! They are inspired by a recipe from *The Silver Palate Good Times Cookbook* by Julee Rosso and Sheila Lukins. Feel free to substitute ingredients for the filling! Prosciutto, honey mustard, and Parmesan are perfect too!”

## INGREDIENTS

### PARSLEY PEPITA PESTO

- 1/3 cup raw green (hulled) pumpkin seeds (pepitas)
- 1 small garlic clove
- 2 cups packed flat-leaf parsley leaves
- 1/4 cup grated Parmigiano-Reggiano + 1 cup for step 3
- 1/3 cup extra virgin olive oil
- 1/2 tsp. salt + 1/4 tsp. pepper

### PASTRY DOUGH

- 1 sheet puff pastry (18" x 11")
- 1 egg
- 2 tsp. water

## DIRECTIONS



### PREP

- 1) Toast seeds in a heavy skillet over medium heat, stirring frequently, until golden in spots and puffed, about 4 minutes.
- 2) Mince and mash garlic to a paste with salt, then transfer to a food processor. Add parsley and pepper and pulse until chopped. Add cheese and seeds and process until seeds are finely chopped. With motor running, add oil in a slow stream through feed tube. Set aside.
- 3) Place the puff pastry on a work surface and spread  $\frac{1}{3}$  cup of pesto over the top. Then sprinkle with 1 cup of grated Parmigiano-Reggiano. Press the cheese into the dough with a rolling pin and proceed to the next step.
- 4) Roll the sides of the roll into the middle, making two rolls that meet in the center.
- 5) Using a serrated knife, cut the rolls crosswise into  $\frac{1}{2}$ " slices. Place the slices on a cookie sheet lined with parchment paper and press lightly with your hands to flatten. Refrigerate for 15 minutes.
- 6) Preheat oven to 400°F.
- 7) Beat the egg and water together in a small bowl. Brush the top of each palmier with egg wash. Bake until puffed and lightly golden, about 10 minutes. Serve warm or at room temperature.

Makes 20 palmiers.



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