

BANH PATE SO

INGREDIENTS

700gms puff pastry
¾ cup chopped shallot or red onion
1 tablespoon minced garlic
300gms ground pork
15gms wood ear or shiitake mushrooms,
finely minced
1 spring onions, finely chopped
1 tbsp finely chopped coriander (optional)
1 tsp finely grated ginger
1 tablespoon sugar
1 teaspoon salt
1 teaspoon freshly ground pepper
1 large egg, lightly beaten for sealing and
brushing

METHOD

STEP 1: Cut the puff pastry into 9cm rounds. You will need 24 rounds. Place them on lined baking sheet and refrigerate until ready to use.

STEP 2: Finely chop the shallots or red onions and fry until tender in a little neutral oil, once the onions are tender add the grated ginger and garlic and fry for 1 minute, remove and set aside.

STEP 3: Mix sautéed shallot mixture with ground pork, chopped mushrooms, sugar, salt, freshly ground pepper and the finely chopped spring onion and coriander if using.

STEP 4: Take 2 tablespoons of pork mixture and place it in the center of puff pastry round.

STEP 5: Brush the edges with beaten egg, place another pastry round on top. Use a fork to press around the edges of pastry to seal.

STEP 6: Place unbaked pate so on lined baking sheet and freeze for 15 minutes.

STEP 7: Preheat oven to 180C.

STEP 8: Brush pastries with egg. Place tray on middle rack and bake for 25 minutes until golden brown.

THE COOKERY

by The Secret Jozi Chef

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