

# Edamame square

## Description

Savory puff pastry square with soybean cream filling



### Yield

52 pieces of 40 g



### Scheduling

Preparation: 45 minutes

Rest period: 120 minutes

Baking time: 25 minutes/200°C



### Nutritional values (100 g or 100 ml)

energy: 936 kJ/224 kcal;

fat: 17 g, of which saturated 8.3 g;

carbohydrates: 8.3 g, of which sugars 1.2 g;

protein: 9.5 g; salt 1.3 g

## Ingredients

### Puff pastry base (378 g)

370 g quick puff pastry

8 g wheat flour 400

Roll out the puff pastry to 0.7 mm and a size of 47x52 cm. Loosen well, prick with a fork and roll out onto greased trays. Leave to rest at room temperature for at least 2 hours, then bake in a mild convection oven with the vent open until crispy. Afterwards, cut into 8 strips measuring 5x40 cm.

### Coral chips (20 g)

8 g sunflower oil

8 g water

1 g wheat flour 400

0 g table salt

1 g paprika powder, hot  
(for dusting)

### Edamame filling (1'883 g)

1'235 g Edamame, frozen, blanched, peeled

620 g heavy cream UHT

25 g table salt

3 g cayenne pepper, ground

### Decoration (5 g)

5 g chili threads, fine  
(for decoration)

## Production

1

### Edamame filling

Blend the edamame well in a Thermomix, add salt and cayenne pepper, and mix everything together. Whip the cream until slightly stiff and fold in at the end.

2

### Piping the filling

Pipe 270 g of the edamame filling onto one strip of puff pastry, place the second strip of puff pastry on top and press down lightly. If necessary, fill in or remove any excess from the sides. Briefly put in the freezer at -18°C.

3

### Cutting

Cut the pastry into 3 cm wide strips.

4

### Finishing

Finely pipe the remaining edamame filling using a star nozzle, top with chili threads and add the coral chips.

5

### Coral chips

Mix the sunflower oil, water, wheat flour and table salt in a small cup using a hand blender. Heat a non-stick frying pan on the lowest setting and pour small dots (approx. 2 cm in diameter) into the pan using the cup. Fry until the edges start to brown slightly. Then drain on kitchen paper and sprinkle with paprika powder.