

Parmesan Twists

A very easy pastry morsel, using ready-rolled puff pastry. Serve with drinks or use as an accompaniment with soups. Makes 48 twists.

*1 sheet of ready-rolled puff
pastry*

*1 egg, beaten with 1 Tbs
water*

*½ cup grated Parmesan
cheese*

a pinch of ground cayenne

Preheat the oven to very hot (230°C/450°F). Butter several baking trays (sheets) and dust them with flour. Brush the sheet of pastry with the beaten egg and sprinkle liberally with the grated parmesan cheese mixed with a little ground cayenne. Cut into thin strips about 1cm wide and 10cm long. Pick up each strip with both hands and twist it like a corkscrew before placing it on the prepared baking tray. Press down both ends onto the tray with your thumbs so that the twists will keep their shape. Bake for 5–8 minutes. Serve warm, or cool on wire racks; store in an airtight container.

Source: Margaret Fulton (1993). Margaret Fulton's New Cookbook. Angus and Robertson, Sydney.