

Palmiers

Ingredients

- 500g ready-made puff pastry
- plain flour, for dusting
- 1 egg, lightly beaten



Methods

1. Put the puff pastry on a well-floured surface and bash it with a rolling pin. Roll the pastry out into a rectangle about 30 x 35cm.
2. With the shortest end facing you, take both long edges of the pastry and roll them towards each other to meet in the middle. Brush a little egg down the centre to stick the two halves together. Carefully lift into a large baking tray and put in the fridge for at least 30 minutes to chill and harden.
3. Preheat the oven to 200C.
4. Remove the roll from the fridge and, using a very sharp knife, slice it into 1cm thick pieces. Lay each piece on the baking tray, cut-side up, and brush well with the beaten egg, then bake in the oven for 10–15 minutes until puffed up, crisp and golden-brown.
5. Remove the palmiers from the oven and leave to cool on the baking tray.