

Puff pastry strudel, Mornay sauce and ham, baby spinach and a balsamic vinaigrette salad |

Recipe for 4 portions

Description

Golden puff pastry strudel stuffed with a ham and baby spinach Mornay sauce. Accompanied by a mesclun salad with a balsamic vinaigrette.

Ingredients

Strudel and Mornay sauce

- 1 Leaf(ves) Puff pastry
- 200 Gr Cooked ham
- 2 Handful(s) Baby spinach
- 1 Unit(s) Egg yolk
- 15 Gr Flour
- 15 Gr Butter
- 150 Ml Milk
- 1 Pinch(es) Nutmeg
- 75 Gr Swiss cheese
- 5 Turn(s) White pepper

- Salt and pepper

Salad and balsamic vinaigrette

- 4 Handful(s) Mixed greens
- 45 Ml Olive oil
- 30 Ml Balsamic vinegar
- 1 Clove(s) Chopped garlic

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

Preparation

Make 12cm circles with the puff pastry.

Cut the ham into matchsticks.

Make the egg wash by whisking an egg and 2 tablespoons of water.

Get a container of cold water and a brush ready.

Make sure the baby spinach is clean.

Mornay sauce

In a sauce pot, melt the butter and then add the flour while whisking energetically and cook for 2 minutes making sure it doesn't have clumps. Add the milk off the heat while continuing to whisk and then place back on the heat. Continue to heat and whisk until it thickens like a bechamel.

Once well thickened, season with salt, pepper, nutmeg and grated cheese.

Strudel

Place your puff pastry circles in front of you. With a pastry roller, try and roll them to a size of roughly 20 cm with a slightly oval shape. Try and make sure that the extremities are thicker than the resto of the oval.

Place the cooled Mornay sauce in the center, add the ham matchsticks and the baby spinach. Brush the contour of the dough with a bit of cold water and fold in 2 and seal. Press lightly you're your fingers to make sure it is well sealed.

Place the closed strudels on the baking sheet lined with parchment paper. Brush the top surface with the egg wash. With a knife, make a nice criss-cross or grid pattern on the top of the pastries. Transfer to the fridge for at least 30 minutes. Once well cooled, place in the oven and bake for roughly 20 minutes or until golden brown.

Salad

In a mixing bowl, combine the olive oil, balsamic vinegar, garlic, salt and pepper. Drizzle on the mesclun salad and mix.

Plating

Place the salad on a flat plate and the strudel off to the side.

Bon appétit!