

Blueberry Turnovers

Made in Groups of 2

Yield: 4 servings

Puff Dough Ingredients	Blueberry Filling Ingredients
250 ml flour 2 ml salt 125 ml margarine 80 ml cold water	250 ml frozen blueberries 30 ml sugar 1 ml lemon extract 7 ml corn-starch 10 ml water

Instructions

Day 1 – Quick Puff Dough

1. Shift flour and salt in a large bowl.
2. Cut margarine into 1/3-inch cubes, place into the bowl with the flour. Take a fork and coat the margarine with the flour. Ensure each piece of margarine is coated.
3. Make a well in the bowl and pour in the cold water, mix with your fingertips until you have firm rough dough. Plastic wrap the dough and place into fridge to rest for 10-15 minutes. Label your plastic wrap.
4. Place the dough on a floured surface, knead gently (30 seconds) and form into a smooth rectangle.
5. With a rolling pin, roll the dough in one direction till it is 3 times the length (12-inches long by 6-inches wide). Keep the edges straight and even.
6. Fold into thirds, like a letter. Refrigerate as needed if the margarine starts to soften.
7. Rotate the folded dough so that it looks like a book about to be opened. Roll it out again into a rectangle. Fold it again.
8. Wrap the puff dough with plastic wrap and refrigerate until next class.

Adapted from: <http://www.sophisticatedgourmet.com/2010/08/quick-puff-pastry/>
and <http://www.sprinklesomesugar.com/blueberry-turnovers/>



Step 5



Step 6



Step 7

Day 2 – Making the Filling and Assembly

1. Heat oven to 400°F. Line baking sheet with parchment paper.
2. In a saucepan, heat blueberries, sugar, and lemon extract over low-medium heat for about 10 minutes or until the berries start to release their juices. Stir frequently.
3. Once there is a lot of juice, mix the cornstarch and water together and stir into the blueberry mixture. Bring to a boil on high heat then reduce the heat and simmer for 2-3 minutes until thickened. Set aside to cool.
4. Roll out puff dough into a square. Cut into 4 smaller squares.
5. Spoon blueberries onto the centre of each square.
6. Using your finger, line the edges lightly with water. Fold each in half diagonally to form a triangle; press edges to seal. Use a fork to crimp the edges.
7. Transfer to the baking sheet. Brush with egg wash. Use a paring knife, cut three slits into the tops of each turnover.
8. Bake for 25-30 minutes or until golden.