

Chicken Puff Pastry

Written by W.J.Pais

250 gm Chicken Breast
1 Tbsp Turmeric powder
2 Tbsp Garlic Paste
5 Big onions finely chopped (The onions should be double the quantity of the chicken)
1 Tbsp Red chili powder
1 tsp Pepper powder
2 Tbsp vinegar (White)
1/2 Tsp Sugar
Salt to taste
Puff pastry sheets (Easily available in grocery stores)
2 tbsp Oil
3/4 cup Chicken stock or water
One egg for egg wash

Directions:

Clean and wash chicken well, pat dry, cut in to small pieces (as small as you can, do not mince). Place in a bowl, add garlic paste and turmeric rub it on the meat well.

Cover and marinate for 15 minutes (in refrigerator)

In a pan or kadhai, heat oil, add onions, a pinch of salt and let it cook till soft and translucent

Now add in red chili powder and saute for a few minutes more. Add the chicken and some more salt. Mix well, add about 3/4 cup chicken stock or water cover and cook for 10 minutes on low-medium heat

Remove cover and check if chicken and onions are well cooked. Add vinegar, pepper powder, and sugar. Keep mixing on semi high heat till the vinegar evaporates

While mixing, use your spoon to break the chicken pieces in to more smaller pieces and shreds. Check for seasoning and remove the mixture from heat. Let it cool completely

Preheat oven at 350 degrees.

Take the puff pastry dough roll it out on plain surface up to 3mm in thickness. Cut out rectangles from the dough and place a spoonful of mixture on one side of the rectangle.

Apply water on the edges of the dough with your finger tips and fold one side of the dough on to the other. Make sure all sides stick well

In case some stuffing oozes out, just gently wipe it off. But it should not be a problem. you may cut squares and also form triangles

Now place the prepared puffs on a baking tray (cover the tray with foil or baking paper). Give an egg wash on top of all puffs

Cook in oven at 350 degrees for 15-20 minutes

When done remove from oven and let it cool for 10 minutes. Serve with tomato ketchup or chili sauce