

Spicy Pumpkin Puffs

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 20 puffs

1 tablespoon vegetable oil
1 onion, finely chopped
3 fresh or dried curry leaves
1 tablespoon brown mustard seeds
2 teaspoons mild Madras curry powder
1/2 teaspoon chili powder
1/2 teaspoon ground turmeric
11 ounces pumpkin, diced
1/2 cup frozen peas
3/4 cup chicken stock
5 sheets ready-rolled puff pastry
1 egg, lightly beaten

Preparation Time: 20 minutes

Cook Time: 50 minutes

Heat the oil in a frying pan. Cook the onion for 2 to 3 minutes over medium heat. Add the curry leaves and mustard seeds and fry for 1 to 3 minutes or until the mustard seeds pop. Add the curry powder, chili powder and turmeric to the pan. Stir for about 30 seconds or until combined.

Add the pumpkin to the pan. Stir for 1 to 3 minutes or until the pumpkin is well coated with spices. Add the peas and stock to the pan. Simmer gently for 8 to 10 minutes or until the pumpkin is tender and most of the liquid has evaporated. Remove from the heat and allow to cool completely.

Preheat the oven to 425 degrees. Lightly brush two baking trays lightly with oil.

Cut four four-inch circles from each of the pastry sheets. Spoon one tablespoon of the mixture into the center of each. Brush the edges with the beaten egg and fold over to enclose the filling. Seal the edges by rolling and folding or pressing with a fork. Place the puffs on the trays and lightly brush with the remaining beaten egg.

Bake for 25 to 30 minutes or until puffed and golden.

Can be made up to two days in advance or frozen for up to two months.

Per Serving (excluding unknown items): 397 Calories; 20g Fat (43.7% calories from fat); 15g Protein; 42g Carbohydrate; 8g Dietary Fiber; 212mg Cholesterol; 1781mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 3 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	397	Vitamin B6 (mg):	.5mg
% Calories from Fat:	43.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	41.3%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	15.0%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	20g	Folacin (mcg):	137mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refused:	0.0%
Carbohydrate (g):	42g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	2
Protein (g):	15g	Lean Meat:	1
Sodium (mg):	1781mg	Vegetable:	1 1/2
Potassium (mg):	1524mg	Fruit:	0
Calcium (mg):	137mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	3
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	49mg		
Vitamin A (i.u.):	6194IU		
Vitamin A (r.e.):	665RE		

Nutrition Facts

Amount Per Serving

Calories 397 Calories from Fat: 173

% Daily Values*

Total Fat	20g	30%
Saturated Fat	3g	17%
Cholesterol	212mg	71%
Sodium	1781mg	74%
Total Carbohydrates	42g	14%
Dietary Fiber	8g	30%
Protein	15g	
Vitamin A		124%
Vitamin C		82%
Calcium		14%
Iron		36%

* Percent Daily Values are based on a 2000 calorie diet.