

Baked Butternut Squash & Pecan Puff Pastries from the kitchen of Elle Moore and Kaitlyn Plischke

2020 Popular Choice Winner

Total Servings - 12

Serving Size - 1 puff pastry cup

Suggested Wine Pairing: Riesling by Lindsay Creek Winery (www.vandalsuncorked.com)

Ingredients for Baked Butternut Squash & Pecan Puff Pastries

- 1 box (2 sheets) prepared puff pastry sheets (frozen)
- 1/2 small butternut squash (about 2 1/2 pounds), peeled and cut into 1/2-inch cubes
- 1 cup, divided chopped pecans (2 tablespoons reserved)
- 1 teaspoon ground cinnamon
- 8 tablespoons, divided maple syrup (6 TBSP for filling, 2 TBSP for drizzle)

Directions

STEP 1 Set the puff pastry out at room temperature on a baking sheet while you prepare the rest of the filling ingredients. Preheat the oven to 400 degrees Fahrenheit.

STEP 2 Remove the skin and cut the butternut squash in half, lengthwise. Cut half the butternut squash into cubes (about 1/2 inch x 1/2 inch). Spread the butternut squash onto a baking sheet and bake for 15-20 minutes (until slightly soft and a fork can easily go through the squash).

STEP 3 While the butternut squash is baking, roughly chop the pecan halves (reserving 2 tablespoons in a separate small bowl. Add a dash of cinnamon to the pecans and set it aside). In a large bowl, combine the rest of the chopped pecans with 6 tablespoons of the maple syrup and 1 teaspoon of cinnamon.

STEP 4 Take the butternut squash out of the oven when it is done and allow to cool on the baking sheet. Unroll the puff pastry onto a floured countertop and roll the puff pastry into a 12" x 12" square. Using a cookie cutter, glass or ramekin, cut circles out of the pastry and roll out each circle to about 4 1/2 inches in diameter. (You will get about 6 circles per sheet of puff pastry.) A total of 12 circles of puff pastry will be needed.

STEP 5 Spray a muffin tin with cooking spray and place one of the puff pastry circles into each of the cups. Make sure to press the puff pastry into each cup so the puff pastry comes up all the way to the top of the muffin tin. Heavily dock the puff pastry all over with a fork.

STEP 6 Bake the empty puff pastry cups for 5 minutes at 400 degrees Fahrenheit (until lightly golden). Halfway through the baking time, use the back of a spoon to press down the puff pastry. Then, after 5 minutes, take the muffin tin out of the oven and press the puff pastry down with the back of a spoon.

STEP 7 Combine the butternut squash with the pecan mixture to create the filling. Fill the puff pastry cups with the filling until nearly full (about 1 tablespoon of filling). Then, sprinkle the tops of each cup with the reserved pecans and cinnamon and drizzle with the 2 tablespoons of reserved maple syrup.

STEP 8 Bake the filled puff pastries at 400 degrees Fahrenheit for another 8-10 minutes until the puff pastry is golden brown.

STEP 9 Pull the muffin tin out of the oven and allow it to cool for about 10 minutes. Serve immediately after cooling with vanilla ice cream or whipped cream if desired.

Suggested Wine Pairing – Riesling, such as 2019 Riesling by Lindsay Creek Winery or Ste. Chappelle Special Harvest Riesling

Nutritional data for Baked Butternut Squash & Pecan Puff Pastries (per pastry)

- Calories 213
- Total fat 13g
- Saturated fat 4g
- Trans fat 0g
- Cholesterol 0 mg
- Sodium 106 mg
- Total carbohydrate 21g
- Dietary fiber 2g
- Added sugar 9 g (from the maple syrup)
- Protein 3 g