

Fruit Puff Pastry Parcels

Ingredients:

- 1 roll of puff pastry
- ½ cup raspberries
- ½ cup strawberries
- ½ cup blueberries
- ½ cup sugar
- 2 Rooibos Lager tea bags
- 1 tbsp brown sugar
- 1 egg
- 1 tbsp water
- Icing sugar, for the garnish

Method:

1. Place 2 teabags into 250ml of boiling water and allow to steep.
2. In a medium pot slowly reduce blueberries, strawberries, raspberries and sugar with the Rooibos tea until a jam type consistency is achieved.
3. Roll out the puff pastry and using a cookie cutter or a bowl cut out some medium sized circles
4. Top half of the pastry rounds with 1 rounded tablespoonful of the Rooibos/Berry mixture (Don't overfill or your pies will not stay together).
5. Dampen edges of puff pastry with water, and fold over the pastry rounds, pressing edges with a fork to seal.
6. Cut a slit in the top of each round for steam to escape.
7. Stir together egg and water; brush pies with egg wash. Sprinkle with brown sugar.
8. Bake at 180°C for 20 – 25 minutes or until lightly browned.
9. Garnish with a dusting of icing sugar & ENJOY!