



SEVERED HAND

MULBERRY & BLACKBERRY FILLING



INGREDIENTS

MAKES 3 SEVERED HANDS

CUT IN QUARTERS SERVES 12

- 3 sheets ready-rolled puff pastry, thawed
- 1 egg whisked
- 3/4 cup of mulberry & blackberry filling

EQUIPMENT

- Hand template
- Small sharp knife
- Baking paper and tray
- Pastry brush
- Small bowl

TABLE PREPARATION

- Serving plate
- Small plates
- Forks
- Cups
- Water carafe

INSTRUCTIONS

1. Preheat oven to 220°C.
2. Place pastry on baking paper and cut out two hand templates from one puff pastry sheet. Repeat for other two sheets, so that you have a total of six hands.
3. Place three hands on baking tray lined with baking paper. Using the pastry brush, brush the egg all around the edges of the three hands and fingers.
4. Spoon 3 to 4 tbsp of filling in the centre of each of the three hands and a small amount on the fingers.
5. Place remaining hands on top of each hand and crimp edges around the hand with a fork to close. Use a paring knife to score knuckles and fingernails as desired. Brush surface of hands lightly with beaten egg.
6. Cook in the oven for 15-20 mins until golden. Transfer to a wire rack to cool completely before serving.

Template - 1 hand / 1 sheet



Idea from
www.myrecipe.com





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