

Caramelized Onion and Sage Puffs

Deb Buzar, professional chef, cooking class 4/2008



1 package frozen puff pastry sheets, thawed
1 tablespoon unsalted butter
2 medium sweet onions, thinly sliced
1 teaspoon sugar
3/4 cup gruyere cheese, grated
2 tablespoons fresh sage, chopped
freshly ground black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 24

If you use too much onion or cheese, it will be too heavy and the puffs won't rise as they should. These are just ever so good. They may seem like a lot of work, but they're worth the effort.

1. Preheat oven to 450 degrees.
2. On a lightly floured surface, or between sheets of plastic wrap, roll out the puff pastry to flatten any rough spots. Using a 2-inch fluted cutter, cut out rounds from each pastry sheet. Place the rounds on a parchment (or Silpat) lined baking sheet and place in the refrigerator until the rest of the ingredients are ready.
3. In a heavy bottomed saucepan, melt the butter over medium heat. Add the thinly sliced onions and cook, stirring until wilted. Reduce the heat and cook, stirring frequently, until the onions develop a rich golden color. DO NOT burn - they want to be just a golden color. Add the sugar and continue cooking until the onions are the color of brown sugar. Remove from the heat and set aside.
4. Spread a small dollop of onions on each pastry round. Add a little sprinkle of chopped sage on top, then sprinkle with grated cheese. Add pepper to taste.
5. Bake the puffs for about 15 minutes, or until the pastry is golden brown and the cheese has melted. Allow to cool a few minutes before serving.

Per Serving (excluding unknown items): 80 Calories; 6g Fat (62.2% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 38mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.