



Vegetable puffs



From Urmila Prabhat – Volunteer Ambassador

Makes about 15

Ingredients

For the filling:

- 3 cups mashed potato
- 1 cup cooked peas
- 1 cup very finely chopped spring onions

For the seasoning:

- 1tsp whole cumin seeds
- 1tsp ground black pepper
- 1tsp salt
- 1tsp paprika

- 1 cup finely chopped white mushrooms
- 2tbsp finely chopped coriander
- 3tbsp olive oil

- 1 green chilli, finely chopped (optional)
- 2tbsp lemon juice
- 1 pack ready-rolled puff pastry
- Water or milk to seal edges

Method:

1. Heat the olive oil in a wide, open pan. Add the cumin seeds and let them sizzle. Don't let them brown too much.
2. Add the chopped spring onions and fry for one minute.
3. Add the chopped mushrooms and fry for one minute.

Please turn over...

Find more recipes for your Time for a Cuppa at dementiauk.org/tfac



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Method: *(continued...)*

4. Add the cooked peas and fry for one minute.
5. Add all the seasonings, chopped coriander and lemon juice, and stir.
6. Add the mashed potato. Mix well and cook, covered, for three minutes.
7. Transfer the vegetable mix on a plate to cool, then roll into sausage shapes about 3cm/1.5” long.
8. Unroll the puff pastry and cut into 6cm/2.5” squares. Place a vegetable roll diagonally on each square and fold to make a triangle shape. Use a little milk or water to seal the edges. Score a cross on top of each to let steam escape.
9. Line an oven tray with baking paper and arrange the puffs on the tray. Preheat the oven according to the instructions on the pastry packet.
10. Bake according to the directions on the packet, or until the puffs are golden.
11. Remove from the oven and cool. Serve with tomato ketchup or green salad.

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Best ever blondies

From **Time for a Cuppa**



Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

