

Snack time!

GALLUCCI



Training children's taste buds

Over the first years of life, children become familiar with the colour, smell and consistency of food. In fact, we first develop our tastes, our preferences, and - if we're not forced to eat too much - a healthy control of our appetite, while we're still kids. We need to start by underscoring the importance of the five main meals: breakfast, lunch, supper, and snacks are all strategic moments.

First, because children tend to imitate adults: "If mommy and daddy have eggs and parmesan it means they're good, so I'll have them too!" Plus, the time you spend cooking or eating can be used to build a relationship (you can talk about many things while baking a cake or preparing a ragout) sharing memories and working knowledge with your child ("You know little one, your grandma used to make this recipe.").

A good way to train a child's taste buds is to put processed foods into a corner of the pantry, to be opened only in exceptional cases or for some long trip.

I would also put all processed baby foods in that corner. Not all that glitters with good marketing is gold! Snacks, and processed baby food don't offer the same nutritional advantages as homemade food. Not to mention that they are so full of sugars, artificial flavours and suspicious fats, that they are not good for the baby or for the family.

This book will help parents offer fun and healthy homemade snacks. It's also a way to involve kids in preparing foods on those long gloomy days, or even when you're on the run: five minutes is all it takes to prepare a little bag with some fruit and seeds that your child can take to school.

It's also good to switch between sweet and salty snacks, providing as much variety as possible. Don't force children to eat if they're not hungry.

There are many great ways to present fruit, which often gets snubbed: see the bento box recipe for example!

Claudia Carletti

Public health nutritionist and dietician

Snacks and memories

When I talk about snacks, I'm flooded by a sea of memories: the bell ringing just outside the classroom, running around playing hide and seek with my friends, that one piece of chocolate slowly melting as I ate my little loaf of bread, and, of course, my green backpack, a faithful companion through all those years.

As I worked on this book, memories of games and seemingly infinite moments blossomed in my mind. And that was even before I had time to get to the kitchen and start concocting recipes. The same happened to my friends when I asked them to tell me their favourite snacks. Most remembered very simple treats: bread and chocolate, Grandma's cake, or shortbread cookies with afternoon tea - after their homework of course. I had to make the most of each day to come up with the recipes listed here, since, as all busy mothers know, time just slips through your hands some days. Some recipes are complicated, others are simple, and each has its own rhythm. The rest is up to you, depending on your mood and how much time you have, you can choose which "Today I'm..." suits you best.

Preparing a simple snack helps us keep in touch with our loved ones. Food can be our way of sending our kids a long distance hug. Our little snacks will fit comfortably into a backpack or swimming bag. They will become your gentle touch, a message for your little ones on those days when you can't be with them, and a way for you to help them build those magical, tasty childhood memories, for when they're all grown up.

You'll find snacks for every season of the year: for school, or the beach, or picnics, or those non-birthday parties. These snacks were inspired by the flavours of the past, the days when, after getting home in the afternoon, you'd have some bread, butter, and sugar or bread and salami.

The ABC Snack

Today I'm going slowly

Preparation time 40 minutes (+3 hours rising)

Cooking time 25 minutes

Small braid (Plaited dough)

Ingredients

400 g *Manitoba flour*, 100 g *all-purpose flour*

200 ml *Milk*

90 g *Butter*

1 *Egg*

60 g *Sugar*

2 Tsp. *Orange blossom honey or lemon honey*

Lemon zest

1 *packet dehydrated yeast*

(or dried brewer's yeast)

1 *packet malt*

For the Filling

80g *Orange blossom honey or lemon peel honey*

100g *Dehydrated red fruits*

70g *Chopped nuts*

Milk to brush on top

Confectioners' sugar

When I first drew this soft, deliciously scented braid out of the oven, the whole family was smitten. It was both beautiful and tasty. I've made it so many times it's practically become a weekend ritual, especially in winter.

Melt the honey and sugar in room temperature milk, mix the yeast and malt with the sifted flours, a pinch of salt and the lemon zest, add the butter at room temperature, then add the egg and slowly pour in the milk, a little at the time, work the dough till you've formed a nice ball and put it in a warm place to rise for about 2 hours (in the oven at 30-35° C, for example).

Divide the dough into 5 or 6 portions to make into small braids, or if you would rather have long, Rapunzel style braids, divide the dough in just 2 portions.

Spread the dough onto a piece of oven paper, till you have a rectangular layer of dough about 3-4 mm thick.

Brush the top with the honey, thinned with a couple teaspoons of lemon juice. Cover the whole surface with red fruit and nuts, then roll the layer of dough using the oven paper to help you. Cut 2 or 3 cm off the two extremities and set them aside: to create the 2 roses on the braid.

With a knife make a cut 3 cm deep in the centre of the roll. Now braid the two parts of the roll. To finish, place the two roses, one on each end, try opening the petals. Brush the whole braid with milk and proceed with the rest of the dough. Once you've finished, place the braids somewhere warm and humid and let them rise for 45 minutes (putting them in the oven with a glass of water will do). Bake the braids in oven at 200° C for 10 minutes, then lower the temperature to 180° and continue baking for another 15-20 minutes. Powder the freshly baked braids with confectioners' sugar.

Today I'm upbeat
Preparation time 10 minutes
Today: the bento box!

Ingredients

Lots and lots of fruits, whatever's in season, for example:

kiwis, strawberries, berries, peaches, apricots, mandarins, melons, cherries, oranges, apples and pears (with lemon juice), bananas, etc. etc.

This isn't a recipe, it's more of an inspiration directly from Japan.

The Japanese art of "bento" (which we could translate using the Milanese term "schiscetta" i.e. "lunch bag") is now a fashionable part of the office lunch break. A new generation of wives and mothers are learning to prepare appealing, and of course tasty, meals, for their loved ones.

It's a simple act of love, for those people who can't eat at home. A way of saying "I love you" with little rice rolls, faces made of fruit and vegetables, and little octopuses made with ham or hot dogs.

I find putting such care into cutting and presenting foods a charming habit: all it takes is five extra minutes, but the effect is something else. When my first daughter, Alice, went to kindergarten I gave her a bento box, which later accompanied her as she made the transition from kindergarten to school.

Unlike normal containers, the bento box was divided into two or more compartments, to separate foods by colour and design.

To prepare, choose seasonal fruits, these are tastier and cheaper; choose a particular theme or design, with your child if possible; cut the well-washed fruit with a thin knife and place it in the "schiscetta" Japanese style.

Today I'm upbeat
Preparation time 5 minutes
Five ideas in five minutes
Fuel up with energy

Ingredients

Cereal (puffed rice, cornflakes...), nuts (almonds, pine nuts, hazel nuts, walnuts), dried fruit (raisins, mangos, pineapple, berries, apricots...), flaxseed, pumpkin.

It's very simple. All you need is a wide variety of ingredients kept in a glass jar. When you need them, put them in a paper bag, seal with a coloured sticker and they're ready to be taken to school.

A quick drink

Ingredients

Seasonal fruit (for example: melons, raspberries and peaches or blueberries, apples and bananas, or carrots, apples, and pears...), 1 teaspoon lemon juice.

Wash the fruit, peel it and chop it into pieces, then use a blender to blend it all together adding a teaspoon of lemon juice. Drink immediately or pour into an airtight bottle.

Yogurt parfait

Ingredients

½ jar natural white yogurt

½ jar Greek yogurt

1 cm vanilla bean

Seasonal fruit

1 teaspoon honey

We're skipping several of the traditional steps, but this is still a light, refreshing snack. Grab a jar and a lid and fill the bottom with a variety of chopped fruits. Mix the two yogurts in a large bowl - Greek yogurt will give it the right consistency - add a teaspoon of honey and the seeds gathered from the vanilla bean then pour the mix over the fruit in the jar.

The fox and the grapes

Ingredients

Grapes

Parmigiano Reggiano

A piece of Genoese focaccia

Fruit and cheese? Why not! Add some chunks of Ligurian focaccia and your snack is ready. Sometimes the simplest ideas are the most successful.

Roll it all up on the skewer

Ingredients

1 slice of white bread, no crust
40 g of thinly sliced ham
40 g of cream cheese
(Robiola or Crescenza, for example)
3 or 4 black olives
A handful of cherry tomatoes
Lettuce leaves

Cool the bread in the freezer for a few minutes: it will be easier to flatten out with a rolling pin. While you wait, blend the ham, cheese and olives together.

Spread the ham mousse over the bread, then roll it and cut little 2-3 cm wide rolls.

Slide the rolls onto the skewer, adding cherry tomatoes between one roll and the next; then place the skewers on a piece of lettuce and put it all in a container.

Today I'm cruising

Preparation time 20 minutes

Cooking time 25 minutes

The classic fruit tart

200 g all-purpose flour
100 g rice flour
120 g butter
1 egg and 1 yolk
90 g sugar
Lemon zest
1 pinch baking soda
1 pinch salt
Fruit mousse (or jam)
Coloured sprinkles

Kneading flour, sugar, butter, and eggs is practically therapeutic: it's one of those movements that leave you light hearted, and your hands soft and scented. It's a little like making homemade jam.

The first time I made these tarts, I filled them with a fruit cream I'd prepared for Lea: all you have to do is wash and chop the fruit (pears, apples, prunes, peaches...), add a teaspoon of lemon juice or some apple juice, add fragrance to it with vanilla seeds or cinnamon and let it cook for about 40 minutes.

The end result is more like baby food than jam (my daughter was in her first months of weaning), but the fruit gives it that extra something. It's not as sweet as baby food and brings out the natural flavours my family loves. Whenever we have lots of fruit, but not enough time to make jam, we give this recipe a shot.

For the shortbread crust: mix the flour with the butter, sugar, salt, and baking soda. Work it till you have little clumps. Then let it sit in the fridge for 30 minutes.

Take the dough out of the fridge and flatten it out, putting a small portion off to the side. Put it into tart moulds and poke a few holes into the dough. Fill with fruit mousse or jam. Create a diamond pattern from the leftover dough and place on top of the tarts for decoration.

You can switch between jam and mousse in the same tart, or even use chocolate cream, Yummy!

Bake at 175°C for 20-25 minutes. This recipe will keep for a few days.

Today I'm cruising

Preparation time 30 minutes

Cooking time 15 minutes

Two disks, Argentina style

Ingredients

2 egg yolks
80 g butter
70 g sugar
150 g corn-starch
60 g all-purpose flour
1 pinch of baking soda
1 teaspoon yeast
Dulce de leche
Hazelnut cream (see the recipe on pg. 20)
or jam for garnishing

I absolutely love it when they look almost like macaroons, but filled with dulce de leche: a bit Parisian a bit Argentinian. These soft cookies are typical of South America, and of Argentina in particular. The corn-starch gives them a special texture that practically melts in your mouth.

This is not shortbread but batter that has been left to sit in a cool area to make it easier to work.

Mix the butter at room temperature with sugar till it becomes a cream. Add the egg yolks one at a time, then add in the sifted flour with the yeast and baking soda.

Wrap the ball in plastic wrap and let it sit in the fridge for a few hours (I prepare the batter the night before and do the cooking in the morning). Roll out the dough till it is about 4 mm high, then make several 4 cm wide disks. Bake at 180°C for 10 minutes. Once they have cooled, use different fillings to garnish them. Finally, roll a few in-crushed hazelnuts

or coconut flour, and others in powdered sugar.

Put them in a box, take them to school, and share them with your best friends.

Today I'm moving along
Preparation time 30 minutes
Cooking time 15 minutes

Things that go crunch

Ingredients

200 g cornmeal
100 g all-purpose flour
1 egg and 1 yolk
120 g butter
90 g cane sugar
1 handful dehydrated red fruits
1 pinch of salt
Lemon zest
1 packet cake yeast
Cornflakes

A quick cookie perfect for any moment of the day?

It's incredibly simple.

Mix the sifted flours, yeast, and salt, then add the soft butter and eggs. Stir well. Add the lemon zest and red fruit to the batter. Shape into a ball, wrap in plastic wrap and let it sit in the fridge for about half an hour.

Flatten the dough till it's about a centimetre thick and pour a big handful of cornflakes on top. When I make these with my daughters the best part is crushing the cornflakes with the rolling pin till they became one with the dough. Cut out the cookies and bake them at 185°C for about 15 minutes.

It goes without saying that the fun crunching sound you hear while making them will be just as enjoyable when your teeth do the work.

Today I'm moving along
Preparation time 10 minutes
Cooking time 20 minutes
Our perfect crunch bar

First, the exotic version

100 g cornflakes
50 g dehydrated pineapple, mango, and papaya
50 g whole almonds
2 abundant tablespoons of honey (acacia or millefiori (wildflower))
1 tablespoon corn oil

Heat up the honey in a little pan, add the oil. Mix the cornflakes and the crushed almonds (save 4 or 5 to use as decoration) along with the chopped, dehydrated fruit. Pour the honey over the mixture and mix it in. Cover a square or rectangular oven tray with baking paper, put the mixture on top, and level it off using a spatula. Decorate with some pieces of dehydrated fruit and whole almonds and bake at 180°C for 20 minutes. Let it cool then cut into bars (square or rectangular). They keep for a few days, if munched sparingly.

Then, the version for gluttons

Ingredients

100 g puffed barley or rice
50 g chocolate drops
50 g dried apricots
50 g pinion nuts
2 tablespoons maple syrup
1 tablespoon corn oil
1 pinch cinnamon

Heat up the maple syrup with the oil. Mix the puffed barley with the chopped, dehydrated apricots, pinion nuts, and cinnamon. Pour the syrup over the mixture and mix in well. To finish, add the chocolate drops, mix and then level out with a spatula on an oven tray lined with wax paper. Bake at 180°C for about 20 minutes. Let cool, then cut into bars. Keep in a sealed container.

Today I'm cruising but not too fast
Preparation time 25 minutes
Cooking time 35 minutes

Ciambellone (Bundt cake)
"Farewell September"

Ingredients

150 g *all-purposed flour*, 50 g *whole wheat flour*
100 g *potato starch*
4 *eggs*
150 g *cow's milk ricotta*
200 g *black grapes or strawberries*
80 ml *olive oil*
90 g *cane sugar*
1 *teaspoon poppy seeds*
1 *pinch salt*
1 *packet cake yeast*

The good old Bundt cake fits like a classic black dress, perfect for any occasion. You can enjoy it as a snack at home with a nice hot cup of fruit tea, cut generous portions and take them with you, or have it for breakfast the next day, with a nice hot cup of milk.

Grapes remind me of the last sweet days of summer, just before I had to head back to school, so I fill mine with lots of them. The strawberry grape version is adorable!

For a soft and spongy Bundt cake, beat the eggs with the sugar and a pinch of salt till the mix is nice and creamy. Then add the ricotta and pour in the oil slowly.

Sift the flours and mix with the starch and yeast, then add to the mixture.

Add the poppy seeds and some of the grapes.

Grease the pan with oil or butter, place the rest of the grapes (slightly covered in flour) at the bottom of the pan and then pour in the batter.

Bake in a preheated oven at 180°C for about 40 minutes. Before pulling out the cake, let it cool in the oven for about 10 minutes.

Today I'm cruising
Preparation time 40 (+ 3 hours to rise)
Cooking time 15 minutes

Ugly but tasty tricolour treats

Ingredients

300 g *Manitoba flour*
200 g *all-purpose flour*
1 *heaping teaspoon salt*
2 *tablespoons extra virgin olive oil*
1 *packet natural yeast (sourdough) or beer yeast*
1 *packet malt*
100 g *Crescenza (Stracchino) cheese*
200 g *cherry tomatoes*
10 *basil leaves*

They're not exactly focaccine, just bite-sized treats with no particular shape. When preparing them don't worry about the shape "che sarà, sarà", make them while humming and singing with your little helpers. I make large quantities and freeze them in several small bags, then wrap them in paper and let my kids take them along for a salty little snack. But they're great for an improvised aperitif as well.

Mix the flours with the yeast, malt, and a teaspoon of sugar, add the oil and let the salt dissolve into a cup of lukewarm water, add more water if necessary, work the dough till you have a soft but compact ball. Let rise in a warm area for a few hours, then get the dough and divide it into 3 parts. Put the Crescenza in one lump and mix well. Put the finely chopped cherry tomatoes in another, and mix the finely chopped basil leaves into the third lump.

Roll each piece into a sausage and use a sharp knife to cut the dough into several bite-sized pieces, about the size of a mandarin.

Place on wax paper and brush with 2/3 oil and 1/3 water and a teaspoon of coarse salt. Let the dough rise in a warm area for 1 hour, then bake in a preheated oven at 200°C for 10-15 minutes.

Today I'm cruising but not too fast
 Preparation time 15 minutes
 Cooking time 20 minutes
 Hurry up, it's late!

Ingredients

200 g grated bio carrots
180 g potato starch
150 g almond flour
50 g finely grated pistachios
4 eggs
2 tablespoons orange juice
140 g cane sugar
1 packet cake yeast

I know these cakes remind you of the classic packaged snacks, but this is actually the White Rabbit's carrot cake recipe from Alice in Wonderland. I first tasted this Swiss-style version in Zurich.

I was feeling a bit the Mad Hatter, so I added pistachios, which taste great with carrots. I opted for the one-person portions, of course, since they're a lot easier to slip into a lunch bag.

The secret to this batter is to whip the egg whites till they're like snow and the yolks with sugar till they're creamy. Once you've prepared the yolks, add the carrots, pistachios, and orange juice. Sift the potato starch and add it to the mixture with the almond flour. Now add the egg whites, mixing in with a delicate motion, stirring carefully from the bottom up.

Fill several cupcake liners to about 1 cm from the top. Bake at 180°C for about 20 minutes.

Today I'm running, but not too fast
 Preparation time 20 minutes
 Cooking time 40 minutes

Cake with a cherry on top

Ingredients

140 g all-purpose flour
50 g rice flour
3 eggs
50 ml milk
50 ml Greek yogurt
1 table spoon Crescenza cheese
90 ml a delicate olive oil or cooking oil
80 g of dairy cheese or grated Emmenthal
100 g black Taggiasca olives
1 teaspoon salt
 1 packet bread yeast

To decorate

1 handful cherry tomatoes
50 g Robiola cheese

I adore mini cakes because they are easy to prepare, even more so than the classic tart, and they have the advantage of being one-person portions, fancy looking and easy to carry around. Not to mention that you can create various combinations using your creativity to satisfy the whole family. It's a good way to get your children to eat vegetables, even the ones they usually don't like.

The core procedure never changes: beat the eggs lightly with the salt and oil, then add the milk and yogurt. Now add the ingredients that will characterize your mini-cakes: in this case Crescenza cheese, dairy cheese, and olives. Then add the sifted flours mixed with the yeast. Pour the batter into muffin cups and bake in a preheated oven at 180°C for about 40 minutes. Let the cakes cool. If you desire you can freeze them or decorate them as if they were sweets: put the Robiola in a syringe and squirt some on a cake, just enough to rest a cherry tomato on top, then have fun decorating the rest as you please.

Today I'm running, but not too fast
Preparation time 30 minutes
Cooking time 40 minutes

The Treasure Chest

Ingredients

250 g all-purpose flour
50 g whole wheat
or barley or buckwheat flour
150 g soft butter
1 small teaspoon salt
40 ml very cold water
1 egg to brush on top
1 green onion
1 clove of garlic
Seasonal vegetables (in my case,
A sort of ratatouille filling: 200 g
Cherry tomatoes, 1 zucchini, 2 bell peppers, 1 eggplant)
80 g of feta
Lemon zest
Some basil leaves
Salt and extra virgin olive oil

Once upon a time there was a little pirate who ploughed the seas looking for treasure. It is said that his maps are marked with unknown lands, and in each one he left a chest as he went through. Let's try opening one together?

All you have to do is work the flours, the butter and the salt with your hands till it looks like breadcrumbs, knead adding water a bit at a time Try to get a ball which is soft and compact: let it set in the fridge for 30 minutes.

Slice the green onion and cut the zucchini, eggplant, and bell peppers into pieces. Fry the green onion and clove of garlic in a spoonful of olive oil till golden brown, add the other chopped up vegetables and stir fry for about ten minutes. Check if it needs more salt, turn off the flame, and after a couple minutes add the chunks of feta, the basil, and some lemon zest.

Take the dough out of the fridge, flatten it and line some well buttered quiche moulds, keeping some dough aside to cover it. Fill the dough shell with the vegetables, and then cover with the extra dough. Make little cutis in the cover, then brush some egg over the top. Bake in preheated oven at 180°C for about 20 minutes.
You can keep the quiche in the fridge for a few days or freeze it.

Today I'm going fairly quickly
Preparation time 10 minutes
Cooking time 10 minutes

Milk in a jar

Ingredients

300 ml of fresh whole milk
100 ml of fresh cream
1 teaspoon agar-agar
40 g sugar
1 piece of lemon rind
Vanilla seeds
3 yellow sweet peaches

It's a sort of pudding, easy to put in a jar for a tasty snack away from home. Light and white it keeps its consistency thanks to the agar-agar, a natural gelling-agent. The fruits can vary; we're using peaches here.

Heat up the milk and cream, pour part of it in a bowl and melt the agar-agar in using a whisk to mix. Cook the other half of the milk and cream over the flame, add the sugar and lemon rind (which you will remove when done), then add the mixture to the melted agar-agar. Slowly bring to a boil while stirring, then turn off the flame. Let cool for a few minutes before filling the jars 2/3rds full.

Place in the fridge for a few hours.

Now prepare the fruit mousse by blending the peaches with some vanilla seeds. Fill the rest of the jars with the fruit mousse, close them and they're ready to go... in a backpack or picnic basket!

Today I'm going slowly
Preparation time 50 minutes (+ 3 hours to rise)
Cooking time 40 minutes

Salty Roses

Ingredients for the dough

400 g type "0" flour
100 g barley flour
1 egg + 1 yolk
40 ml extra virgin olive oil
200 ml milk
1 teaspoon sugar
1 teaspoon salt
1 packet natural yeast dehydrated (or beer yeast)

Ingredients for the filling

200 g peas, 2 zucchini
4-5 fresh mint leaves, lemon thyme
1 green onion
1 goat cheese, 100 g feta
Some cherry tomatoes
100 g speck, 150g Emmenthal cheese
Salt, extra virgin olive oil

For an outdoor snack. Whether at the sea, in the mountains, or simply at a park, you always need something that can be easily divided.

This cake is one option. Picturesque and versatile, it changes with every filling, choose one that suits your tastes and the ingredients you have available.

The dough is always the same: mix the flours and natural yeast (if you use beer yeast dissolve it in a little lukewarm milk with a teaspoon of sugar before adding it to the mixture), oil, eggs, sugar, lukewarm milk and salt dissolved in just a tad of water (or milk). Knead until you have a smooth ball and then set aside somewhere warm and let rise for a couple hours.

For the filling: stir fry the chopped onion with a spoonful of oil, add the peas and cook them adding more water if necessary. Add the mint and blend it all together. Cook the zucchini in some water just enough to make them soft, then drain the water, and blend them with a little branch of lemon thyme, a teaspoon of extra virgin olive oil, and a pinch of salt.

Get the dough, divide it into three portions, and roll out each portion to make a rectangular crust. Spread the goat's cheese on the first, then add the cream peas, roll it all up

and cut the roll into pieces 4-5 cm wide. Do the same with the second portion of dough, filling it with the zucchini pesto, feta, and chopped cherry tomatoes. Lay out the pieces of speck across the third crust, grate the Emmenthal cheese on top, roll and cut. Get a large round cake pan, line it with wax paper: arrange the pieces on it, laying them out to make a flower and leaving about 1 cm between each piece. Brush some egg over each piece, let rise for 40 or 50 minutes.

Bake in preheated oven at 185°C for 40 minutes.

Today I'm cruising
Preparation time 15 minutes
Cooking time 20 minutes

A Mouthful

Ingredients

180 g flour, 3 eggs
90 ml cooking oil or a light olive oil
The pulp of half an avocado
50 ml milk
50 ml Greek yogurt
100 g canned tuna
1 sweet red pepper
Some coriander leaves
1 teaspoon salt
1 packet bread yeast

I wouldn't call them muffins because they are so small you can eat them in one mouthful, and if you're famished one leads to another.

The batter is easy to prepare, don't work it too much: beat the eggs with oil and salt, add the milk and yogurt, the mashed avocado pulp, tuna, and coriander leaves. Then add the flour sifted with the yeast mix well, getting rid of the lumps.

Get some little muffin-sized paper cups, fill them till they're almost full of batter and place a piece of sweet red pepper on top. Bake in preheated oven at 180°C for 15 minutes. These little "morsels" are great to nibble on as a snack by the seaside in the morning or at the park, under the shade of an oak tree, in the afternoon.

Today I'm upbeat
Preparation time 15 minutes
Cooking time 15 minutes

Not the usual hot dog

Ingredients

2 rolls of puff pastry sheets

Seasonal vegetables: carrots, zucchini, string beans....

6 medium-sized hot dogs

Sesame seeds

Milk, to be brushed over the top

Sweet mustard

100 g Robiola cheese

Why don't we try to stuff some rolls of crunchy puff pastry sheets as if they were hot dogs prêt-à-porter? Let's not limit ourselves to just hot dogs, let's add some vegetables as well. String beans and carrots, and the like, they're really easy to prepare.

Cut the puff pastry sheets in squares of about 6 cm, spread Robiola on some and mustard on others. Lay a hot dog or a carrot in the centre (with the mustard). You can also go with a layer of zucchini or 2 or 3 string beans. Roll the puff pastry, letting the vegetables or hot dogs stick out on one side. Brush the outside with milk, then roll the cylinder in sesame seeds.

Lay on baking paper and bake at 175°C for 20-25 minutes.

