

Artichoke & Mushrooms

Vol-au-Vents



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 packets of 12 pack Vol au Vents,
150mls milk,
1½ teaspoons flour,
Salt & pepper, to taste,
100g artichoke hearts, chopped,
100g can sliced mushrooms in sauce,
chopped,
1 tablespoon parsley, chopped,
1 tablespoon lemon juice,
Pinch garlic salt



Method

1. Mix milk, flour, salt & pepper in a small saucepan, cook on stove until it boils. Stir while heating to keep the mixture lump-free and to avoid from sticking to base of the saucepan.
2. Add remaining ingredients and stir well.
3. Fill 24 cases vol-au-vents with the artichoke mixture.
4. Cook in oven at 180°C for 10-15 minutes.
5. Remove from oven and garnish with parsley.

