

Strawberry Puff Pastry Hearts

Course: **Dessert**

Servings	Prep time	Cooking time	Total time
6 servings	15 minutes	12 minutes	27 minutes

Ingredients

275 g (1 sheet) puff pastry1 egg yolk (for egg wash)
200 ml (¾ cup) milk (for pudding)
25 g (2 tbsp) sugar (for pudding)
15 g (2 tbsp) cornstarch (for thickening pudding)
½ tsp vanilla extract (for pudding flavor) OR 1 pack of vanilla pudding mix + required ingredients from package
100 g (⅓ cup) strawberry jam
50 g (⅓ cup) fresh strawberries (for topping)
1 tbsp sprinkles (optional, for decoration)
A few mint leaves (optional, for garnish)

Directions

- 1

1. Prepare the Puff Pastry Hearts

Preheat your oven to **200°C (400°F)** and line a baking sheet with parchment paper. Roll out the **puff pastry sheet** on a lightly floured surface. Use a **large heart-shaped cookie cutter** to cut out **6 large hearts**. Take **3 of the hearts** and use a **smaller heart-shaped cutter** to cut out the center, leaving a **heart-shaped border**.

Place the **full hearts** onto the lined baking sheet. Brush the edges of these hearts with **beaten egg yolk**. Carefully place the **heart-shaped borders** on top of the full hearts, aligning them perfectly. This creates the raised edges.

Brush the tops with **more egg yolk** for a golden finish.
- 2

Bake the Pastry:

Bake the puff pastry hearts for **12-15 minutes** until they are **golden brown and puffy**. Remove from the oven and let them cool for **5-10 minutes**.

Once cooled, gently **press down the center of each heart** to create a **small well** for the filling.
- 3

Prepare the Pudding:

Option 1: Homemade Vanilla Pudding:

In a **small saucepan**, heat **150 ml of milk** over **medium heat**.

In a separate bowl, whisk together **50 ml of cold milk**, **sugar**, **cornstarch**, and **vanilla extract**.

Slowly pour the mixture into the hot milk, whisking constantly. Keep stirring until the pudding thickens, then remove from heat. Let it cool, stirring occasionally to avoid a skin forming.

Option 2: Store-Bought Pudding Mix:

Follow the **instructions on your pudding mix package**.

Let it cool to room temperature before using.

- 4 Assemble the Pastries:** Spread **1-2 teaspoons of strawberry jam** into the **center of each heart**. Spoon or pipe the **cooled vanilla pudding** on top of the jam, filling the pastry wells.
- 5 Decorate & Serve:** Top with **fresh strawberry slices**. Add **sprinkles** or **powdered sugar** for extra decoration. Garnish with **a mint leaf** for a fresh touch. Serve immediately and enjoy!