

Haitian Chicken Puffs

Ingredients

- 1 habanero pepper
- Cooking spray
- 1/4 cup chopped yellow onion
- 2 teaspoons minced garlic
- 1/2 pound ground chicken breast
- 1/4 cup shredded carrot
- 2 teaspoons no-salt-added tomato paste
- 2 teaspoons fresh lime juice
- 1 teaspoon cider vinegar
- 1 tablespoon chopped green onions
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1/8 teaspoon grated whole nutmeg
- 1 (14-ounce) package frozen puff pastry, thawed (such as Dufour)
- 1 large egg
- 1 tablespoon water

Preparation

Cut habanero in half. Seed one half of pepper, and leave seeds in other half. Mince both pepper halves. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add minced habanero, onion, and garlic to pan; sauté 3 minutes or until tender, stirring frequently. Add chicken; cook 5 minutes or until browned, stirring to crumble. Add carrot; cook 2 minutes. Add tomato paste; cook 1 minute, stirring constantly. Add lime juice and vinegar, scraping pan to loosen browned bits. Add green onions and next 6 ingredients (through nutmeg); stir well. Remove from heat; cool mixture to room temperature.

Place cooled chicken mixture in a food processor; process until almost smooth (mixture will begin to clump).

Preheat oven to 400°.

Roll puff pastry into a 15 x 12-inch rectangle on a lightly floured surface. Cut puff pastry into 20 (3-inch) squares. Combine egg and water, stirring with a whisk. Brush egg mixture along edges of pastry squares; spoon about 1 scant tablespoon filling in center of each pastry square. Fold each pastry square in half; press edges closed with tines of a fork. Brush top with egg wash; arrange 1 inch apart on a baking sheet. Bake at 400° for 20 minutes or until puffed and golden brown.

Makes 20 small puffs.