

Broccoli Mushroom Roll

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  16

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Chanukah

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

On the day I tested this recipe, I decided to fry lots of chicken cutlets (don't know what possessed me because I never fry!). You know how tempting fresh, hot, crispy shnitzel is. Well, whoever came into the kitchen made a beeline straight for this instead! Thanks, Rachel, for another winner!

Ingredients (11)

Main ingredients

- oil, for sautéing
- 1 large onion, diced
- 2 boxes fresh mushrooms, sliced
- 1 (32-oz./907-g.) bag frozen broccoli
- salt, to taste
- pepper, to taste

- nutmeg, *optional* but recommended
 - 1 cup ricotta cheese
 - 1/2 – 3/4 cup mozzarella cheese
 - 1 (2-lb./907-g.) package **Gefen Puff Pastry Sheets**
 - 1 egg yolk
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Start Cooking

Prepare the Roll

1. Heat a little bit of oil in a large frying pan. Sauté onion for five minutes, until golden. Add mushrooms and continue sautéing for an additional seven to eight minutes, until mushrooms are wilted. Stir occasionally.
2. Meanwhile, cook broccoli in a small amount of salted water until soft. Drain well and mash with a potato masher. You want to have small pieces, not large pieces and not mush.
3. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Add sautéed onions and mushrooms to the broccoli. Season generously with salt and pepper and a pinch or two of nutmeg. Taste and adjust seasoning if desired. Add ricotta cheese and mozzarella cheese and combine all together well.
4. Divide puff pastry in half. On a floured surface, roll out each section to a nice-sized rectangle. Spread filling all over dough and roll up jelly-roll style.
5. Carefully place the rolls in a large baking pan. Smear tops with egg yolk. Bake for 30 minutes or until golden. I recommend leaving it in the oven with the oven off and the door partially opened for another 10–15 minutes.

Note:

I slice the mushrooms in the food processor so they are nice and thin, and easier to mix in the frying pan. Also, I used low-fat mozzarella cheese and just sprinkled a little regular fat cheese on top of the broccoli mixture before I rolled up the dough.

Tip:

If you like really crisp knishes, slice a piece of the roll and turn on its side. Toast in the toaster oven for a few minutes until browned. Delicious!

Credits

Photography: Lisa Monahan.

Food Styling: Chanie Nayman.