

Foodnity Recipes

Blueberry Pastry Rings With Vanilla Cream Filling

20 min Prep time	**15 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pastry Dough

- [ ] 2 cups all-purpose flour
- [ ] 1/2 cup unsalted butter, cold and cubed
- [ ] 1/4 cup granulated sugar
- [ ] 1/4 tsp salt
- [ ] 1 egg yolk
- [ ] 2-3 tbsp cold water

Blueberry Filling

- [ ] 1 cup fresh blueberries
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp lemon zest

Vanilla Cream Filling

- [ ] 1 cup heavy cream
- [ ] 1/4 cup powdered sugar
- [ ] 1 tsp vanilla bean seeds
- [ ] 1 tsp vanilla extract

Instructions

1. In a bowl, whisk flour, sugar, and salt. Cut cold butter into the dry mix until it resembles coarse crumbs.
2. Add the egg yolk and cold water, stirring just until the dough comes together. Form into a disk, wrap, and chill for 15 minutes.
3. While dough chills, whisk heavy cream with powdered sugar, vanilla bean seeds, and vanilla extract until soft peaks form. Refrigerate.
4. Roll dough to about 1/8-inch thickness. Cut into 3-inch circles, place a tablespoon of blueberries mixed with sugar and lemon zest in the center, then fold edges up to create a ring.
5. Brush rings with a light egg wash, then bake at 375°F (190°C) for 12-15 minutes, until golden.
6. Cool slightly, then pipe or spoon vanilla cream into the center of each ring. Dust with powdered sugar before serving.

Nutrition per serving

210 kcal	3 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, add a sprinkle of flour sparingly.
- Make sure the blueberry mixture is not too wet; otherwise the rings may become soggy.
- For extra aroma, add a pinch of ground cardamom to the cream.