

## *Bastel* — Spinach-Mushroom & Pine-nut Pastry Topped with Sesame Seeds

### *Filling:*

1 onion, finely chopped (about 1 cup)

3 cloves garlic, chopped

1 tablespoon grape-seed oil

1-10 ounce package frozen spinach leaves, water squeezed out or

1-12 ounce package fresh organic spinach leaves.

1/2 pound mushrooms, choice of portobello, oyster, shiitake, crimini, white button, chanterelle, porcini

1/2 teaspoon Aleppo pepper (or crushed red pepper or red pepper flakes)

1/2 teaspoon ground allspice

1/2 teaspoon kosher salt

1/4 cup pine nuts

### *Dough:*

2 cups spelt, rice, oat, amaranth or chickpea organic flour

1 cup *smead* (semolina)

1/2 teaspoon kosher salt

2 1/4 sticks organic grass-fed butter or organic dairy free butter substitute, softened

1 teaspoon grape-seed oil

1 cup black sesame seeds

1. Preheat oven to 350°F.
2. To make the filling, sauté onion in oil until transparent.

3. Add garlic, spinach and mushrooms
4. Cook until liquid has evaporated. Cool and add seasonings
5. Pulse in blender until well blended
6. Add the pine-nuts and mix
7. To make the dough, combine flour, *smead* and salt. Fold in margarine and add oil. Blend well with fingertips.
8. Add 2 to 3 ounces of water slowly, mixing to form a smooth dough. Knead well.
9. To make crescent shaped *bastel*, break off a small walnut sized ball of dough and flatten into a 3-inch round with a tortilla press lined with wax paper (to prevent sticking).
10. Place 1 teaspoon of filling onto each circle.
11. Fold round in half and press to close, making sure edges are tightly sealed. Alternatively, to make round *bastel*, press your finger into each walnut-sized ball of dough to form a long shell that has only one open end. The thinner you can make the shell the better; this a tricky step that requires some practice.
12. Fill each hollowed outer shell with about 1 teaspoon of filling. Close by pinching the shell firmly and smoothing with a little water, until no crease is visible. Flute edges for a more refined appearance.
13. Moisten the tops of each *bastel* in water and dip into sesame seeds. (A tray may be frozen at this point.) Bake for about 15 minutes or until they are slightly golden.