# **W**Wholehearted Yoga

## Butternut squash, leek & thyme turnovers

# Ingredients

For the tart dough

2 cups unbleached white flour

3/4 tsp salt

8 Tbsp cold, unsalted butter, cut into small cubes and refrozen for a few minutes

3 Tbsp shortening (you can just use butter, but shortening makes the crust flakier.)

5-6 Tbsp ice water (seriously, make sure this is REALLY cold)

## For the filling

5 garlic cloves, finely chopped

2 Tbsp olive oil

1-1/2 pounds butternut squash peeled, seeded, and cut into 1/2-inch cubes (3 cups)

salt and pepper

fresh thyme sprigs (3-4)

2 large leeks, white parts only, cut in half lengthwise, thinly sliced (3 cups)

1 tsp fresh thyme

1/4 cup dry white wine

1 Tbsp chopped fresh thyme

## For assembly

Flour for rolling out

1 egg

2 Tbsp water

3-4 ounces Gruyere, grated (about 1 cup)

### Instructions

#### To make the tart dough:

Use the paddle attachment on mixer and keep the machine on low speed throughout the mixing process. Combine the flour and salt in the bowl of the mixer. Add half of the cubed butter and mix until it is incorporated into the flour. Follow with the shortening and the remaining butter. Add 5 tablespoons water and work the dough until it holds together. Add the remaining 1 tablespoon of water if the dough is dry and doesn't hold together. Shape the dough into 4 equal-sized disks, cover with wax paper or plastic wrap, and let rest in the refrigerator for at least 30 minutes before using (overnight it fine, but let it warm up a bit before rolling it out. I also like to make a galette rather than individual turnovers. This recipe will make 2 good sized galettes.

#### 2. To make the filling:

- Combine 2 cloves of chopped garlic with 1 tablespoon of the oil. Set aside for 20 minutes. Preheat oven to 400 degrees.
- 3. Place the cubed squash in a baking dish and toss with the garlic oil, 1/2 teaspoon salt, and a few pinches of pepper. Add thyme sprigs, cover, and bake until the squash is tender but still holds its shape, 25 to 30 minutes. Remove the thyme sprigs.
- 4. Meanwhile heat the remaining tablespoons of oil in a large skillet; add the leeks, 1/2 teaspoon salt, and a few pinches of pepper, and add the dried thyme. Sauté over medium heat for about 2 minutes, until the leeks begin to soften. Add the remaining garlic, cover the pan and turn off the heat, allowing the leeks to steam. When tender, after about 8 minutes, turn the heat to medium, add the wine and cook until the pan is nearly dry.
- 5. Gently toss the squash and leeks together with the fresh thyme. Season with salt and pepper: the filling should be well seasoned.

#### To assemble:

6. Remove the dough disks from the refrigerator and roll each into a circle about 1/8-inch thick. Whisk the egg and water together to make an egg wash. Place 2/3 cup of the filling in the center of each pastry circle and sprinkle with 3 tablespoons of the grated cheese. Brush the edge of the turnovers lightly with water, then fold the dough over the filling and gently press the edges together. Crimp the edge and place the turnovers on a lightly oiled baking sheet. (Alternatively, roll out two large discs. Put half the filling in the middle of each. There is usually too much - you can snack on it while this cooks! Fold the edges over by about 1-2 inches.) Brush lightly with egg wash, being sure to brush the edges. Cut 3 1-inch slits in the top of each turnover. Bake for 25-35 minutes, until the pastry turns golden brown.

7.

The story behind this recipe. I have been making this delicious recipe for years and made only slight adjustments from Annie Somerville's *Fields of Greens* cookbook. I will warn you, it is a bit of work and takes some time, but it is worth it. The recipe is intended to be a main dish, but there are many other serving options. Serve the filling alone as a fantastic Thanksgiving side dish. If you make lots of small turnovers or two large galettes, they make great appetizers. We use the pastry dough for any recipe that calls for a crust. It is very forgiving. The key is to keep the butter really cold and use ice water.