

# Guayaba y queso Pastelitos (Guava and Cheese Pastries)

## Ingredients:

- 1 box of puff pastry dough (2 sheets), thawed. It's in the frozen section of the grocery, near pie crusts and desserts.
- 1 package of guava paste (pasta de guayaba). Anything in the 12-16 oz range will work.
- 8 oz package of cream cheese
- 2 eggs
- ½ Cup sugar
- ½ Cup water

## Directions

1. Put the puff pastry dough out on the counter about an hour before you start making these so it will thaw. I take it out of the box and separate the sheets of dough so they thaw pretty quick.

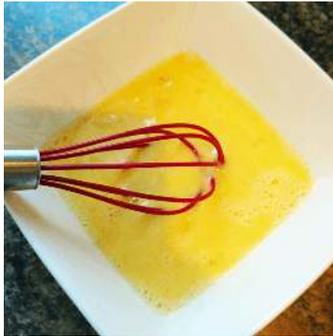


2. Make a simple syrup by combining ½ cup water with ½ cup sugar in a small sauce pan over medium heat. Stir until the sugar is completely dissolved, then remove from heat and set aside.
3. Pre-heat your oven to 400° F



4. Lightly roll out one of the sheets of puff pastry dough. This helps to knock back the puffiness a little which is what we want. Use a pizza cutter or small knife to cut the sheet into four even pieces.

5. In a small bowl beat the eggs, then brush all four edges of each square with egg wash.



6. Cut the guava paste and cream cheese into strips. Fair warning, guava paste is some of the stickiest stuff you will ever encounter. It helps to dust it with powdered sugar to make it easier to handle.



7. Place a piece of cream cheese and a piece of guava paste in the center of each square of pastry dough. Fold the dough over to form a triangle. (in Cuban bakeries and coffee shops you can tell what is in the pastry by the shape. Guava and cheese is always a triangle). Use a fork to crimp the edges and seal the dough.



8. Brush the top of the pastries with egg wash and use a fork to poke some vent holes in the top for the steam. Place on a baking sheet lined with parchment paper.
9. Bake at 400° F for 10 minutes, then pull the tray out and brush the tops of the pastry with the simple syrup. (This will give them that lovely caramel color and sweet crunch). Bake for an additional 6-8 minutes until golden brown.

Notes:

- So what is this guava paste anyway? The guava is a small tropical fruit that has a unique flavor. While it is well known and loved in the Caribbean and South America, it is relatively unknown to many Americans. Guava paste is a very thick jelly sold in a variety of packages like these:



- You can now find this amazing stuff at many supermarkets in the US in Latin/International aisle. If you can't find it at your usual grocery many Asian/Latin grocery stores carry it. If all else fails it is readily available on Amazon and other online retailers.

Recipe From



[www.oldguykitchen.com](http://www.oldguykitchen.com)