



BOREALIS

Risólis

Crescent-Shaped Pastries Filled with Cheese and Shrimp



SERVING 4 PORTION:

FOR THE DOUGH:

250 ml water
40 g butter
½ tsp salt
150 g plain flour

FOR THE FILLING:

200 g shrimp (peeled, chopped small)
20 g butter
1 small onion (finely chopped)
1 clove garlic (minced)
1 tbsp flour
150 ml milk
80 g grated cheese
Salt & white pepper

FOR THE COATING:

1 egg (beaten)
Breadcrumbs

INSTRUCTIONS:

1. Make the filling

- Melt butter, cook onion until soft.
- Add garlic, then flour.
- Add milk, stir until thick.
- Add shrimp, cook 2–3 min.
- Remove from heat, mix in cheese, and season.
- Let cool completely.

2. Make the dough

- Boil water, butter, and salt.
- Add flour all at once, stir until dough forms.
- Cook 1–2 min, then cool slightly.

flour + butter rub together
add water to make
dough.
rest 30 mins

3. Shape risólis

- Roll dough thin.
- Cut circles.
- Add filling, fold into crescent shape, seal edges.



4. Crumb & fry

- Dip in egg, then breadcrumbs.
- Fry at 170–180°C until golden.
- Drain and serve hot.

Deep fry.