



Vol-au-Vent is a quintessential French dish that embodies elegance and flavor. These delicate puff pastry shells are filled with a variety of rich, savory fillings, making them a perfect choice for [appetizers](#), main courses, or even desserts. Whether you want to impress your guests or indulge in gourmet dining at home, this Vol-au-Vent recipe will guide you through each step to achieve the perfect flaky and delicious dish.

Ingredients for Vol-au-Vent

To prepare Vol-au-Vent from scratch, you will need:

For the Puff Pastry Shells:

- 2 sheets of puff pastry (store-bought or homemade)
- 1 egg (beaten, for egg wash)
- Flour (for dusting)
- Round cookie cutter (approximately 3 inches in diameter)
- Smaller round cutter (approximately 1 inch in diameter)

For the Filling (Chicken and Mushroom Cream Sauce):

- 2 tbsp butter
- 1 small onion (finely chopped)
- 1 clove garlic (minced)
- 1 cup mushrooms (sliced)
- 1 cup cooked chicken (diced)
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1 tbsp all-purpose flour
- Salt and pepper to taste
- 1/2 tsp nutmeg (optional)
- 1 tbsp parsley (chopped, for garnish)

Step-by-Step Recipe for Vol-au-Vent

Step 1: Preparing the Puff Pastry Shells

1. **Preheat the oven:** Set it to 400°F (200°C) and line a baking sheet with parchment paper.



2. **Cut the pastry:** Roll out the puff pastry on a lightly floured surface. Using a large round cutter, cut out circles from the pastry sheets.
3. **Create the rims:** Use the smaller round cutter to cut out the center of half of the circles. These will form the raised rims of the Vol-au-Vent.
4. **Assemble:** Place the whole pastry circles on the baking sheet. Brush the edges with beaten egg and carefully place the rings on top of them, pressing lightly.
5. **Bake:** Brush the tops with egg wash and bake for 12-15 minutes or until golden and puffed. Let them cool before filling.

Step 2: Preparing the Chicken and Mushroom Filling

1. **Sauté the onions and garlic:** Melt butter in a pan over medium heat. Add onions and garlic, cooking until fragrant and translucent.
2. **Cook the mushrooms:** Add sliced mushrooms and cook until they are soft and lightly browned.
3. **Prepare the sauce:** Sprinkle flour over the mixture and stir well. Slowly pour in chicken broth and cream, stirring continuously to avoid lumps.
4. **Add chicken:** Stir in diced chicken and season with salt, pepper, and nutmeg.
5. **Simmer:** Let the mixture cook for 5-7 minutes until thickened.

Step 3: Assembling the Vol-au-Vent

1. **Fill the shells:** Spoon the creamy chicken and mushroom filling into the puff pastry shells.
2. **Garnish:** Sprinkle with fresh parsley for a touch of color and flavor.
3. **Serve:** Enjoy your homemade Vol-au-Vent warm with a side salad or on its own.

Expert Tips for Perfect Vol-au-Vent

- **Use chilled puff pastry** to achieve the best rise and flakiness.
- **Don't overload the filling**—keep it creamy but not runny to maintain structure.
- **Try different fillings** like seafood, vegetarian options, or even sweet variations with custard and fruit.

Vol-au-Vent is a timeless French classic that can be customized to suit any occasion. Whether served at a formal dinner or as a comforting homemade meal, its [delicate pastry](#) and rich filling make it an unforgettable dish. Enjoy your homemade Vol-au-Vent and savor the authentic taste of French cuisine!



Nutrition Information (Per Serving)

Nutrient	Amount
Calories	320
Protein	15g
Carbohydrates	28g
Fats	18g
Fiber	2g
Sugar	2g
Sodium	340mg

Conclusion

Vol-au-Vent is an elegant and delicious dish that can be adapted to various tastes. Whether you're hosting a dinner party or preparing a quick gourmet meal, this classic French pastry never disappoints.

FAQs

1. Can I make Vol-au-Vent ahead of time?

Yes! You can bake the pastry shells and store them in an airtight container for up to 2 days. Reheat before serving.

2. What are the best alternative fillings?

Seafood, ham and cheese, spinach and ricotta, or even sweet custard with berries are excellent choices.

3. How do I prevent the puff pastry from collapsing?

Ensure your oven is properly preheated, and avoid opening the door frequently while baking.



4. Can I freeze Vol-au-Vent?

Yes! Store baked pastry shells in an airtight container in the freezer. Reheat in the oven before serving.

Enjoy your homemade **Vol-au-Vent** and impress your guests with this exquisite French delicacy!