



Forum: International Dishes

Topic: recipes to share

Subject: Re: recipes to share

Posted by: Annie

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Here is a nice light dessert when you are trying to keep tabs on the weight at Christmas, you use Filo pastry and the fruit of your choosing.

Fruit Baklava.

6 sheets filo pastry
1/2 cup brown sugar
60 g butter, melted
2/3 cup slivered almonds
3/4 cup orange juice, strained
1 1/2 teaspoons ground cinnamon
use peaches from a tin or fresh, or any other fruit you like.

Preheat the oven to 180deg.C. Use a muffin tin to make the little nests. Cut each sheet of pastry into 8 squares. Line the muffins tin with 3 layers of filo pastry, brush each piece with melted butter to help them stick together and the layer them in the tin, overlapping them at an angle.

Combine the almonds, cinnamon and half the sugar. Sprinkle over the base of the filo pastry, then place the other squares of filo brushed with butter on top of the nuts. Bake for 10 to 15 minutes.

Place the orange juice and the sugar in a pan and bring to the boil, reduce the heat and simmer. Halve the peaches and slice thinly, add them to the syrup and stir gently to coat the fruit. Strain the fruit and place in the pastry basket and sprinke with icing sugar. Serve with fresh cream or ice cream.