



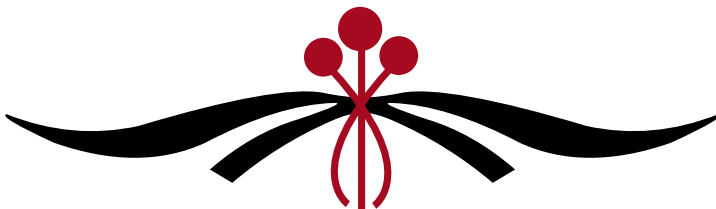
FILLO PASTRY

RECIPE LEAFLET

ALL PURPOSE PASTRY SHEETS | **THE HEALTHIER ALTERNATIVE**

Versatility is we feel the truly distinctive quality of fillo pastry which sets it apart from the more heavier crusts such as puff and shortcrust. Once you get used to using fillo pastry it's variety of uses will seem almost endless. Just use your imagination with fillings and adapt or change many of these recipes to create new distinctive ideas.

The other advantage of fillo pastry is that you have control over the amount of fat in your finished recipes. In the recipes below melted butter is used for brushing fillo pastry. This could just as easily be any kind of oil or even egg white. So it is ideal for anyone trying to make a low fat diet more interesting.



PASTRY CASES

The cases can be prepared in advance and once cooled, stored in an airtight container until they are needed.

Method

Take 4 sheets of fillo pastry and fold in half lengthwise. Using scissors, cut 2 circles of pastry approximately 14cms in diameter. Butter the top of each of the 2 circular stacks of pastry and press each stack, buttered side down, into 10 cm fluted mould. Trim any excess pastry along the rim of the mould with scissors. Butter the top of the pastry and bake in a moderate oven 180C until golden brown. Cases can be filled with either sweet or savoury filling.

FILLINGS FOR PASTRY CASES

Vanilla Mousse Tarts	3 tsp gelatine
125g white chocolate	2tbs water
4 eggs (separated)	300ml whipped cream

Method

Melt chocolate and stir in egg yolks. Sprinkle gelatine onto water and blend. Heat the gelatine over boiling water until dissolved, remove from heat and allow to cool slightly. Whip cream and fold into chocolate mixture and then add cooled gelatine. Beat egg whites until small peaks are formed and fold into mixture. Spoon mixture into prepared pastry cases and garnish with strawberries, kiwi fruit, grated chocolate, whipped cream or whatever takes your fancy.

SAVOURY PRAWN TARTS (COLD)

600ml whipped cream	1tsp Worcestershire sauce
2tbs mayonnaise	1tsp lemon juice
1tbs tomato sauce	Salt and pepper

Method

Whip cream and fold in remaining ingredients. Spoon mixture into prepared fillo cases and garnish with prawns and dill. Prawns can be substituted with oysters or smoked salmon.

CREAMY FISH SAUCE (HOT)

1 cup fish stock	½ cup cream
1 tsp butter	3 tbs corn flour
¼ cup white wine	Salt and pepper
2 tbs shallots	

Method

Combine fish stock, butter, wine and shallots in a saucepan and bring to the boil and allow to cook for 2 minutes. Strain the mixture and return to the saucepan. Add in blended corn flour and cream and return to heat. Stir mixture over heat until it thickens. Season with salt and pepper. Pour into prepared pastry cases and garnish with prawns and dill.



STRAWBERRY & KIWI FRUIT MILLE-FEUILLE

8 Sheets fillo pastry	1 tbs butter
Unsalted butter	1 punnet strawberries
1 cup Milk	6 kiwi fruit
2 egg yolks	4 tbs icing sugar
½ cup castor sugar	600ml whipped cream
1 tbs corn flour	Extra icing sugar
1 tbs vanilla essence	

Method (serves 6)

Grease 2 baking trays, Stack 4 sheets of fillo pastry in each, brushing each sheet with melted butter. Using a sharp knife cut each stack of pastry into 9 squares. Bake pastry at 180oC for 10- 15 minutes or until golden brown. Allow pastry to cool completely before you assemble mille-feuille.

Custard: Bring milk gently to the boil. Beat egg yolks, sugar and corn flour until creamy. Add to milk and return to heat. Stir over a low heat until mixture thickens. Remove from heat and add vanilla essence and butter. Allow mixture to cool.

To prepare fruit: Slice finely ½ punnet strawberries and 3 kiwi fruit. Blend or puree the remaining strawberries with 2 tablespoons icing sugar. Repeat process with remaining kiwi fruit.

To assemble: Take one square (4 small sheets'0 of the cooked pastry and place on a serving plate. Spread over 2 pastry and place on a serving plate. Spread over pastry 2 tablespoons of whipped cream and cover with the sliced strawberries. Cover with another square of pastry. Pour over 2 tablespoons of the custard mixture and arrange slices of kiwi fruit over the custard. Finally top with another square of pastry and dust top with icing sugar. Using the blended strawberries and kiwi fruit, pour over the mille-feuille and onto serving plate to gain an attractive effect. Repeat until all pastry is used.

Note: All the preparation for this dish can be done many hours before serving. However, for the best results, leave the assembly of each mille-feuille to just before you are ready to serve.



SAUSAGE ROLLS

500 g sausage mince	1 tbs tomato sauce
9 sheets fillo pastry	Melted butter
1 finely chopped onion	2 tbs finely chopped parsley
1 cup soft breadcrumbs	

Method

Place chopped onion, tomato sauce, parsley and breadcrumbs into a bowl and mix well. Add sausage and mix thoroughly. Use food processor if available.

Stack 3 sheets of fillo pastry, buttering between each sheet and top sheet. Divide mixture into 3 and place one 1/3 of the mixture in a 4cm strip towards the end of the longer edge of pastry. Mould mince and smooth so that it is about 3cm high. Roll up pastry tightly around mixture. Trim ends and cut roll into 6-7 even lengths. Place rolls on greased baking tray. Repeat with remaining ingredients. Bake in a moderate oven 180oc for 25 minutes or until golden brown.



PEPPER STEAK IN FILLO PASTRY

4-6 fillet steaks	2 tbs butter
1 cup cream	12 Sheets fillo pastry
4 tbs oil	4 tbs brandy
3 tbs green peppercorns	Melted butter

Method (serves 4-6)

Melt butter and oil in frying pan and fry steaks on both sides until brown all over. Remove steaks from pan and let cool. Add brandy to pan drippings and flame. Add cream and peppercorns and reduce until sauce thickens.

Take 2 sheets of fillo pastry and brush with melted butter. Stack the sheets and fold in half. Arrange a piece of fillet steak on pastry square and pour 1 tablespoon of sauce onto steak. Wrap steak up as

a parcel. Repeat with remaining steaks and place onto greased baking tray. Bake at 180oc for 30 minutes or until golden brown. Serve each parcel with remaining sauce.



SALMON & ASPARAGUS QUICHE

6 sheets fillo pastry	Extra grated cheese
1 can asparagus spears	3 tbs flour
30 g butter	Melted butter
1 ¼ cups milk	1 x 220g can salmon
1 chopped onion	Paprika
1 cup grated cheese	2 eggs
Salt and pepper	

Method (serves 6-8)

Line a 25cm flan tin with 6 sheets of fillo pastry, brushing each sheet with butter. Fit a piece of foil shiny side down into the tin on top of pastry. Add baking beans or rice and bake for 10 minutes at 180-190oc. Remove rice and foil and continue with recipe.

Melt butter in pan and sauté onion until tender. Season to taste add flour and cook for 1 minute.

Drain salmon and asparagus. Keep juices and add to milk to measure up 1 ½ cups. Add milk to flour and butter mixture and stir until sauce boils and thickens. Add flaked salmon, cheese, eggs and ½ asparagus spears chopped. Pour mixture over pastry in flan tin and top with cheese and remaining asparagus spears to form a pattern on top. Sprinkle with paprika.

Bake at 230 oc for 10 minutes, then reduce to 190oc and bake for another 30 minutes.



GOURMET BEEF PIE

1 kg fillet or rump steak (thinly sliced & chopped)	2 tsp sugar
2 onions sliced	1 large can champignons
60 g butter	1 cup sour cream
3 tbs tomato paste	12 sheets fillo pastry
¾ cup beef stock	Salt & pepper
	Melted butter

Method (serves 6 - 8)

Heat butter in pan and add onions and beef. Cook until brown all over. Add tomato paste, sugar, salt & pepper and stock. Continue cooking until meat is tender and juices are reduced.

Add drained champignons and sour cream, and allow mixture to cool slightly.

Line the base of a greased pie plate with 6 sheets of fillo pastry, brushing each layer with butter. Fill pastry case with meat filling and cover the pie with remaining 6 sheets fillo pastry, again brushing each sheet with butter. Trim around the outside of the pie. Cut 4 steam holes into the top of the pie and bake in a hot oven 200oC for 20-30 minutes or until golden brown.



SMOKED SALMON & CHEESE PARCELS

6 thin slices	½ cup ricotta cheese
¼ cup sour cream	6 sheets fillo pastry
Smoked salmon	Pepper
¼ cup chopped chives	Melted butter

Method

Mix cheese with sour cream and chives. Salmon slices should be approx 8cm x12cm.

Brush a sheet of fillo pastry with melted butter and fold in half across its length and brush again with butter. Place a slice of the salmon on a narrow end of the pastry. Spread a tablespoon of the cheese mixture on one half of the salmon. Fold salmon over onto the cheeses, then fold in the base and sides of pastry over salmon. Brush folds lightly with butter and fold up into flat parcel, rectangular in shape. Repeat with remaining ingredients.

Brush parcels with butter and bake in a preheated oven at 220C for around 8 minutes.

Alternatively, put into a frying pan a mixture of oil and butter to a depth of around 5mm, allow to heat well and add parcels. Shallow fry for 3-4 minutes, turning carefully to brown evenly.



CAMEMBERT TRIANGLES

1 camembert cheese	Oil for deep frying
3 sheets fillo pastry	

Method

Cut cheese into 6 even - sized wedges. Slice each wedge horizontally through the soft centre into 3 pieces to give triangles of cheese about 5mm thick. Cut the fillo pastry into strips of 6cm width.

Place a piece of camembert on the bottom edge of the pastry. Fold the bottom corner of the pastry over the cheese to form a triangle. Continue somersaulting the triangle over until you reach the end of the strip of pastry. Ensure that the corners of the triangles totally enclose the cheese. Repeat until you have made 18 triangles.

Heat oil until very hot but not fuming. Deep fry the triangles, turning them to brown evenly. Remove from oil and allow to drain on absorbent paper and serve immediately with cranberry sauce.



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