



Pistachio Delight Sandwiches



These are delicate and delicious sandwich like desserts rich in Middle Eastern flavours. This sweetened ricotta sandwiched between two layers of pistachio, shining beautifully is simply too hard to resist. The presentation of this dessert is beautiful and a unique addition to any dessert table or dinner party. Three layers of tartlets look so pretty but they are a little challenging to eat. You will notice in step 3 that this dessert can also be made with dates and coconut. You can find the recipes on my website.

Ingredients

Sugar Syrup - Attir

- ½ cup water
- 1 cup sugar
- 2 teaspoons lemon juice
- 2 teaspoons rosewater

Ricotta Filling

- 200 grams ricotta
- 1 tablespoon White sugar
- 1 tablespoon rosewater

Pistachio dough

- 250 grams pistachio
- 3-4 tablespoons sugar syrup-Attir
- Rose petal to garnish

Cook's Note

*Keep the sugar syrup light by not boiling it too long. This will keep the dough tender and easy to bite through

*Sugar syrup will thicken once completely cool

*Makes approximately 12 (quantity depends on size and thickness you choose)

Step 1

To make the sugar syrup, place sugar and water in a small saucepan over medium heat. Bring to a boil. Add the lemon juice, lower the heat and continue to boil for approximately 5 minutes until syrup slightly thickens. Add the rosewater. Remove from heat and cool completely.



Step 2

To prepare the filling; Combine filling ingredients together. Cover and set aside.

To prepare the pistachio dough, Combine ground pistachio and sugar syrup. Mix well to form a sticky dough.



Step 3

Scoop a walnut size round dough (approximately 10-12 grams) and roll into a ball. The size of your scoop will very much depend on the size you prefer your desserts. Place in the palm of your hand and flatten. Repeat with remaining dough. To ensure they are all the same size, use a cookie cutter as shown. The tip here is to dip your fingers in water so the mixture does not stick to your hands.



Step 4

Scoop filling mixture over the first layer of pistachio tartlet and place a second pistachio tartlet on top resembling a sandwich. Spoon remaining filling mixture on top and garnish with rose petals.

As we say in Arabic, Sahtan - Enjoy in Good Health.

