



Knafeh - Buttery Shredded Pastry with Orange Blossom Creamy Filling

I'm so excited to share this recipe with you. A creamy filling with a buttery sweet pastry drizzled with orange blossom syrup. It really is just a delicious homemade dessert! Traditionally they are not baked in muffin trays, rather in a big Pyrex dish (Arab ladies just love those dishes) but I think they look awesome individually served.

Ingredients

- 600 ml milk (full cream)
- 5 tablespoons cornflour
- 2 tablespoon semolina (fine)
- 2 tablespoon white sugar
- 2 tablespoon orange blossom water
- 250 ml reduced fat-cream
- 300 grams kataifi shredded pastry
- 40 grams ghee melted
- 40 grams butter melted
- Pistachio (ground) to garnish
- Rose petal to garnish (optional)

Sugar Syrup

- 1 cup sugar
- ½ cup water
- 1 teaspoon lemon juice
- 1 tablespoon orange blossom water

Cook's Notes

*The shredded pastry dries out quickly so best to keep it covered with plastic wrap or a clean damp tea towel.

*Baking the kataifi base pastry for 10-15 minutes before adding the filling will guarantee you a crispy base.

*If reduced-fat cream is not available in your area you can omit from the recipe.

Serves

Makes 12

Step 1

Preheat oven to 180° degrees

To make the sugar syrup, place all ingredients in a small saucepan over medium heat. Bring to a boil (this happens fairly fast), lower the heat and continue to boil for approximately 5 minutes until syrup slightly thickens. Remove from heat and cool completely (See Cook's Note)

Step 2

To make the creamy filling, add milk, cornflour, semolina, and sugar into a saucepan. Whisk continuously over medium heat. Once the mixture begins to thicken, add orange blossom water. Remove from heat and allow to cool completely. Once cooled, add the reduced-fat cream. Combine well.



Step 3

Place kataifi pastry into a large bowl. Shred by gently pulling threads of pastry apart with your hands. Pour combined melted ghee and butter over pastry and mix well, making sure that each shred of pastry is covered in the ghee and butter. Continue to gently pull apart the kataifi pastry.



Step 4

Divide ⅓ of the pastry into the base of a greased muffin tray. Bake for 10-15 minutes or until pastry is golden in colour. Remove and allow to cool slightly. Evenly divide the creamy Ashta filling into the tin.

Top evenly and generously with the remaining pastry threads. Bake in the preheated oven for 20 minutes or until golden in colour.



Step 5

Rest for 5 minutes and gently remove from the tin using the spoon to scoop out with

Drizzle with the orange blossom syrup (about 1-2 tablespoons on each individual Knafeh or more if you wish).

Garnish with pistachio and Rose Petals (optional)

As We Say In Arabic, Sahlan – Enjoy In Good Health



ROUBA SHAHIN

MY JOURNEY WITH FOOD