



Shay'biyat Creamy filled Pastries

I'm so excited to share this recipe with you. A creamy ashta milk pudding with a buttery sweet pastry. It really is just a delicious home made dessert! Nothing is better than this easy dessert served warm with a light drizzle of rose water infused syrup and sprinkled with ground pistachios. A crispy and flaky dough with a warm filling is how you want to enjoy these.

Ingredients

Creamy Ashta Filling

- 300ml milk
- 3 tablespoon cornflour
- 1 tablespoon rose water
- 2 tablespoon icing sugar

Attir/Sugar Syrup

- 1 cup sugar
- ½ cup water
- ½ tablespoon lemon juice
- ½ tablespoon rose water

- 8 sheets filo pastry
- 150 grams ghee melted
- Pistachio (coarsely ground) garnish
- Rose petals to garnish (optional)

Cook's Notes

*The filo pastry dries out quickly so best to keep it covered with a clean tea towel.

*Ashta custard can be made a day ahead (Just make sure you cover it before you refrigerate it)

*Sugar syrup will thicken once cooled. Store left over syrup in a glass jar or airtight container. Can be made a day or a week ahead

Pastries can be made a larger size but remember they always need to be cut into squares.

Serves

Makes 18

Step 1

In a small pot, combine milk and cornflour and cook on medium heat stirring constantly until filling begins to thicken and has a yogurt like consistency (approximately 5 minutes). Add rose water, remove from heat and pour into a bowl. Cover with plastic wrap and refrigerate for at least an hour until completely cool.

Once Ashta filling is completely cool, add icing sugar and mix well

Step 2

Meanwhile, To make the sugar syrup, place syrup ingredients in a small saucepan over medium heat. Bring to a boil. Lower the heat and continue to boil for approximately 7 minutes until syrup slightly thickens. Remove from heat. Stir only by swirling the pan - Avoid stirring with a spoon. Set aside to completely cool.



Step 3

Preheat oven to 180° C. Grease a non stick baking tray with 2-3 tablespoons of melted ghee.

Prepare the filo pastry by stacking 4 sheets of filo on top of each other and cutting them into 9 cm squares. Repeat with the remaining 4 sheets (you will have 18 stacks in total).

Place approximately 1 heaped teaspoon of ashta filling on one end of each stack and fold over to make a triangular shape (adding too much filling may result in the filling spreading while in the baking process). Place pastries on prepared greased baking tray.



Step 4

Heat remaining ghee for a 1-2 minutes over medium heat until very hot and pour directly over prepared pastries making sure to saturate all of them. Bake in preheated oven for approximately 25 minutes or until golden in colour.

Remove from oven and immediately drizzle with cooled sugar syrup (How much sugar syrup you drizzle is up to you) . Remaining sugar syrup is served along side the dessert for those who love to drizzle some more. Garnish with pistachio and rose petals.

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



ROUBA SHAHIN

MY JOURNEY WITH FOOD