



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.

PREP TIME: 20 MIN

COOK TIME: 20 MIN

MAKES: 12



INGREDIENTS

Sugar Syrup - Attir

1/2 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 NOTES

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

Remember sugar syrup will thicken once completely cool

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



Method



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, Slowly add 3-4 tablespoons of the cooled sugar syrup to the ground pistachio and combine well. Mix well to form a sticky dough (add more sugar syrup if necessary).



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

LOOKING FOR A CHANGE SWAP THIS FOR THAT.

THIS:	THAT:
PISTACHIO	COCONUT
PISTACHIO	WALNUT