

HONEY BAKLAVA

INGREDIENTS

Baklava

450 g phyllo pastry sheets
450 g butter, melted
700 g almonds, chopped
450 g walnuts, chopped
2 teaspoons cinnamon, ground
1 teaspoon mixed spice, ground
1 cup granulated sugar

Syrup

2 cups honey
2 cups water
2 cups sugar
2 cinnamon sticks
2 teaspoons grated orange peel
1 teaspoon vanilla essence

METHOD

Baklava

Thaw the phyllo. Melt the butter. Chop the nuts, and mix with the spice and sugar. Brush a rectangular pan with the melted butter. Separate a sheet of the phyllo and lay it in the bottom of the pan. Brush it with butter. Fold it over if necessary to fit in the pan. Do this until you have about 10 - 12 layers. Then put a layer of the nuts and spice mixture on top of the sheet of phyllo, cover with another sheet of phyllo, paint that with butter, and continue in this manner until you've used all of your filling. Top with about an equal amount of the phyllo sheets as you used for the bottom. Make sure to generously brush each sheet with butter. Cut across the completed baklava with a sharp knife, into triangles or diamonds. Bake at 180°C for about an hour, or until evenly browned on top.

Syrup

Mix the syrup ingredients and simmer for about 10 minutes. Remove the cinnamon sticks and set aside. Pour the cooled syrup over the baklava and let it soak in before serving.



* These recipes are also available in For the Menu with a Twist Recipe Book

Recipe of the Week

WEEK 49

Bidfood

Quick Breakfast Wrap

INGREDIENTS

1 wrap
1 tablespoon salsa
2 tablespoons
shredded
cheddar cheese
2 large eggs
25 ml water

METHOD

Top warm wraps with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds. Beat the eggs and water in a bowl with a whisk. Meanwhile, coat a small non-stick skillet with cooking spray. Heat over medium heat, add the egg mixture and cook, stirring (about 90 seconds) and pulling away from the sides until the eggs are cooked through and a small omelette is made. Lay the omelette on top of the cheese and wrap.

a helpful hand

This is a quick breakfast to make and is perfect for people avoiding meat products.

Cut down the middle to show the interesting layers, garnish and serve.



Recipe of the Week

Week 51

Mussel Soup

ingredients

1.3 kg fresh mussels, scrubbed and beards removed
2 medium onions, finely chopped
2 celery ribs, finely chopped
1 cup water
1 cup white wine or chicken broth
230 ml clam juice
¼ cup fresh parsley, minced
2 garlic cloves, minced
¼ teaspoon salt
¼ teaspoon ground pepper
1 cup cream

method

Tap mussels, discard any that do not close and set aside. In a stock pot, combine the onions, celery, water, wine or broth, clam juice, parsley, garlic, salt and pepper. Bring to a boil. Reduce heat and add mussels. Cover and simmer for 5 - 6 minutes or until mussels have opened. Remove mussels with a slotted spoon, discarding any unopened mussels. Remove from the shell and set aside. Cool cooking liquid slightly. In a blender, cover and process cooking liquid in batches until blended. Return all to pan. Add cream and reserved mussels and heat through without boiling.

Serves 5.

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Recipe of the Week

Rooibos Iced Tea

Ingredients

2 L water
65 ml honey
3 whole star aniseed pods
1 cinnamon stick
100 g sugar
9 rooibos tea bags
250 ml apple juice
lemon and mint to garnish

Method

Place all ingredients, except the apple juice, in a saucepan and bring to the boil.
Remove from heat and set aside to cool.
Strain the rooibos mixture into a jug or container.
Add the apple juice and mix well.
Place in the refrigerator until cold and serve with slices of lemon and mint.



Week 52

