



Home Baking

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Easy Fillo Finger Food – Spring Rolls & Caramelised Onion Tarts

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My first attempt at using fillo pastry was a disaster, hard to separate, falling apart, drying out, it's a wonder I ever tried again. But I persevered and now I love using fillo. It is so easy, and so very light and flaky. Instead of puff or flaky pastry, use it to encase pies, make individual pastry cases, vanilla slices, strudel, savoury triangles and spring rolls. I must say I have had best success with the refrigerated fillo rather than the frozen pastry. The main thing is not to let it dry out, so open the plastic bag remove the pastry and gently unfold. Remove some sheets from the packet and return the rest to the plastic bag.

To Prepare a Buttered Stack of Pastry

1. Remove the pastry from the plastic bag.
2. Brush the top sheet lightly with melted butter, margarine or oil.
3. Gently lift the sheet and turn it over and place back on the stack of pastry sheets.
4. Lightly butter the top and pick up the two joined sheets and turn them over.
5. Keep repeating down the stack until the required number of sheets are buttered and stuck together.
6. Cover the spare pastry sheets and use the buttered sheets for required pastry dish.

Easy Pastry Cases.

1. Cut a buttered stack of 3-4 sheets into 8 squares. Press a square into a muffin tin.
2. Bake for a few mins until golden, lift out of muffin tins to cool.
3. Fill with casseroles, savoury fillings or fruit and custard to serve.

Spring rolls – can use your favourite Chinese spring roll filling.

1. Cut fresh chicken fillet, slices of ham or bacon, and spring onions, carrots and other vegetables into thin strips about 4-5cms long.
2. Butter a stack of 4-5 sheets of fillo pastry, cut into 4-6 squares.
3. Brush a little flavour paste (ie our Red onion and Chilli or hoisin sauce, soya sauce, oyster sauce or a little garlic or chilli) onto the centre of the pastry square
4. Add strips of chicken, ham/bacon and vegetables across one edge.
5. Fold about 1cm of the two edges, roll up tightly, brush a little butter on the top.
6. Place pastries on a tray and bake in oven for 15-25 mins until golden brown.
7. Serve hot with your favourite Asian flavoured dipping sauces.

Caramelised Onions.

Ingredients

2 medium or 1 large onion

1 tabs soft brown sugar

2 teaspoons balsamic vinegar

1. Heat a flat frying pan to a moderately high heat.
2. Slice the onions finely, place in the frying pan with 3 T water, simmer.
3. When the water disappears and the onions are just browning, add some more water.
4. The onions will become soft and brown, add the brown sugar and balsamic vinegar.
5. Keep simmering, stirring, until dark brown and very soft.

Caramelised Onion and Blue Cheese Tartlets.

Deliciously crisp on the outside with a creamy centre.

Ingredients

1 pkt fillo pastry

butter - melted

Filling Ingredients

50-75gms Blue Cheese

1 red onion - caramelised

3 T cream

1 egg yolk

1. Make a buttered stack with 4-5 sheets, using a large round cutter, cut out circles that will fit your tartlet tins. Press into tartlet tins.
2. Divide the caramelised onion between the tartlets, add the blue cheese.
3. Alternatively replace the onion with chopped walnuts.
4. Mix the cream and egg yolk, season with salt and pepper, drizzle over the blue cheese.
5. Bake in a hot oven for 10-15 mins until pastry is golden and filling is set.

Apple Dumplings (like my Mum used to make)

1. Butter a stack of 3-4 pastry sheets and cut it into 6 squares.
2. Peel and core 3-4 green apples, and cut in half or wedges.
3. Wrap each piece in a square of pastry.
4. Place, rounded side up, in a greased baking dish.
5. Mix together 1 C boiling water, with ½ C of sugar and 1 T of butter.
6. Pour over apples and bake for 20-30 mins, until golden.
7. Serve with cream or ice cream. Old-fashioned and yummy.

Ham and Asparagus Rolls

1. Butter a stack of 3-4 pastry sheets, sprinkling each layer with finely grated parmesan and cut it into 6 squares.
2. Trim asparagus to the same length, peel the end 3 inches if preferred.
3. You can lightly blanch the spears, cool, dust with pepper. Or if lovely fresh asparagus skip the blanching.
4. Wrap an asparagus spear in a thin strip of ham or prosciutto.
5. Wrap in a square of fillo. Bake for 10-15 mins, until golden and crisp.
6. Serve with a honey mustard dressing or hollandaise sauce.