

Palestine *Kunafa* *New Style*



INGREDIENTS

KUNAFI

1 packet filo pastry
 1 egg, beaten
 150g ricotta
 2 tbsp honey
 groundnut oil or vegetable oil for deep-frying
 2 tbsp flaked almonds, lightly roasted in a non-stick pan
 4 dates, cut into strips
 pinch of cinnamon
 1 ripe mango
 a little melted chocolate (for decoration purposes)
 lemon yoghurt ice cream (or lemon sorbet or ice cream of your choice)
 mint leaves

LEMON YOGHURT ICE CREAM

500 ml low-fat yoghurt
 125 g icing sugar
 2 tbsp cream
 juice of 3 lemons
 zest of 1 lemon
 seeds from ½ vanilla pod and 2 packets of vanilla sugar

Recipe: Inge Herteleer, www.denduyventooen.be

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Blend the ricotta with half of the beaten egg and the honey, almonds, cinnamon and dates.

Spoon 1 tbsp of the mixture onto each of the filo pastry sheets (15 × 15 cm). Brush the edges lightly with beaten egg, then fold the pastry to form a kind of spring roll. The roll must be securely sealed. Repeat with all of the pastry sheets.

Peel and finely dice the mango. Cut a mint leaf into thin strips, mix into the mango and fill a small ring mould.

Using a high cooking pot or a standard deep-fat fryer, deep-fry the stuffed filo pastry rolls in hot oil until they are golden brown and the filling is cooked through.

LEMON YOGHURT ICE CREAM

Combine all the ingredients for the lemon yoghurt ice cream and make into ice cream using an ice cream or sorbet machine.

Paint a strip of melted chocolate on a square plate, then arrange the mango, a spoon of lemon yoghurt ice cream and a stuffed filo pastry roll on top. Garnish with mint leaves and serve.