



## RECIPE OF THE WEEK: 02/05/2022

### EkmeK Kadaifi

(Shredded Pastry Sweet with a Topping of Crème Patisserie, Whipped Cream and Ground Pistachios)

Makes 10-12 pieces

This is an easy recipe to make although it takes a little time to prepare. It is a traditional syrupy sweet with a shredded pastry at its base, covered with a layer of smooth and frothy pastry cream and topped with whipped cream and ground pistachios. This is a popular, superb dessert served in households, fiestas and during celebrations.

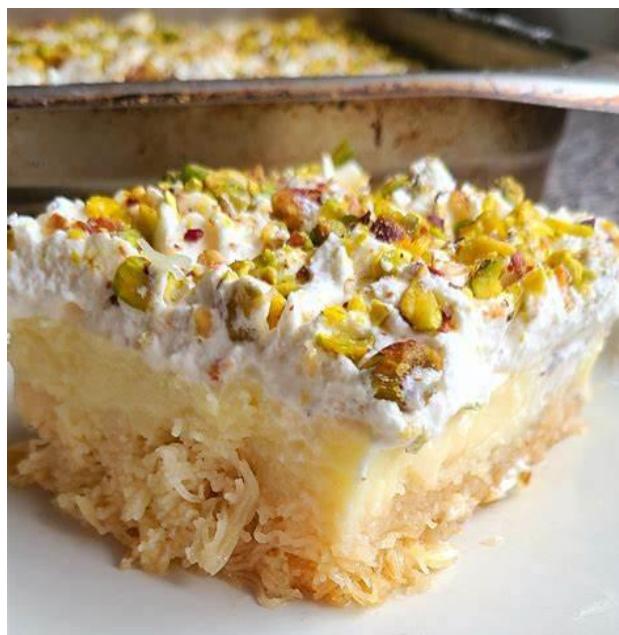
#### Ingredients

##### For the syrup:

400g water  
400g granulated sugar  
1 stick of cinnamon  
4 cloves  
juice of ½ a lemon  
rind of 1 lemon  
1 tsp thyme honey

##### For the base:

500g kadaifi pastry (shredded pastry)  
250g butter, melted  
50g walnuts, ground  
100g pistachios, ground  
¼ tsp cloves, finely ground  
1 tsp cinnamon, ground



##### For the crème patisserie:

1 litre whole milk or single cream  
1 vanilla pod or 1 ½ vanilla essence  
2 whole free-range eggs  
6 free-range egg yolks – medium size at room temperature  
150g granulated sugar  
100g cornflower, sifted  
75g unsalted butter cubes

##### For the whipped cream:

500 ml cold double cream  
50g icing sugar  
1 tsp vanilla essence

##### For decorating:

100g pistachios, coarsely ground  
¼ tsp cinnamon

## Method

1. In a large casserole, put the water, sugar, cinnamon stick, cloves, juice and rind of a lemon and heat over a medium heat until it comes to the boil. Simmer for 2-3 minutes, take off the heat, add the honey and stir. Set aside to cool off completely, take out the lemon rind and cinnamon stick.
2. Grease your hands with a little melted butter and open the kadaifi pastry, gently tearing it apart to separate the threads. The volume of the kadaifi pastry will double and treble in size. Grease a tray of 25cmx35cmx6cm with butter and cover the bottom of the tray with kadaifi pastry. Add the melted butter and ensure it covers all the surface of the pastry. Add the walnuts and pistachios and sprinkle with the cloves and cinnamon.
3. Pre-heat the oven to 180°C/160°C fan/ gas 4. Place the tray in the oven and bake for 30 minutes until its golden brown. Remove from the oven.
4. Pour the cold syrup on top of the hot kadaifi base and let the kadaifi absorb the syrup. Cover with a kitchen towel and leave it on the side to cool.
5. To prepare the crème patisserie, place the milk or single cream in a small saucepan.
6. Cut the vanilla pod length wise, scrape its seeds with a small knife and place both the bean and the seeds into the milk. Cook on a low heat and bring to a simmer.  
Turn off the heat, cover the saucepan with a lid and leave to infuse for 10-12 minutes.
7. In a mixing bowl, tip the whole eggs and egg yolks. Add the sugar and combine with a whisk. Whisk vigorously until pale and fluffy.
8. Add the sifted cornflour and whisk until incorporated and smooth.
9. Boil the milk, pour on top of the egg mixture and combine well by whisking continuously.
10. Cook over a low-medium heat for 4-5 minutes, stirring constantly. Whisk for 30 seconds more after the first bubble appears. Make sure the cream does not stick to the bottom of the pan.
11. Add the butter cubes and whisk until incorporated.
12. Tip the crème patisserie on top of the kadaifi and level it with a spatula.
13. Beat the cold single cream with the icing sugar and vanilla essence for 3-4 minutes until it stiffens.
14. Again, tip the whipped cream on top of the kadaifi.
15. Sprinkle the ground pistachios and cinnamon on top.
16. Place the ekmek kadifi in the fridge for 1-2 hours and cut into pieces and serve.