



NUT-STUFFED SHREDDED WHEAT ROLLS

(Kataifi)

Shredded wheat pastry – kataifi - is one of the least known ingredients in the Greek kitchen, but it is easy to use and makes everything look unique and delicious.

- 1 1/4 pounds unsalted butter, melted
- 1 1/2 cups coarsely ground walnuts
- 1 1/2 cups coarsely ground almonds
- 1/4 cup sugar
- 1 teaspoon cinnamon
- 1 large egg
- 3 tablespoons heavy cream
- 1 1-pound box Apollo Kataifi pastry, thawed and at room temperature

Brush a jelly roll pan with melted butter and set aside. In a large bowl, combine walnuts, almonds, sugar and cinnamon. Beat the egg with the heavy cream and 3 tablespoons melted butter. Stir into nut mixture.

To prepare shredded wheat rolls, take a handful of the pastry and spread it out to about 6 inches long. Brush generously with melted butter, place a tablespoon of nut filling on bottom and roll up tightly, incorporating the loose ends inwards as you go. Place seam side down on buttered pan, and repeat with remaining pastry and filling. Brush the tops of the pastries liberally with remaining melted butter, and bake for 1 hour at 350°F, or until golden and tender. Remove to a rack and let stand for 5-10 minutes.

While kataifi is baking, make the syrup (see below). Spoon the hot syrup over the rolls. Cover the pan with a towel and let stand for at least three hours before serving.

Yield: About 24 rolls

Syrup:

Basic syrup recipe for baklava, galaktoboureko and melomakarona.

Ingredients: 4 cups sugar, 4 cups water, 2 tablespoons fresh lemon juice, 1 cinnamon stick.

To make the syrup: Combine the sugar and water in a medium saucepan and heat over medium heat. As soon as the sugar dissolves, add the lemon juice and the cinnamon stick. Bring syrup to a boil, reduce heat, and simmer for 10 minutes. Let the syrup cool completely before pouring over pastry.

Yield: 6-7 cups