



sharing our Greek culinary heritage

Melpomeni's Emkek Kataifi

A beautiful recipe shared by @melpomeni.matthews

For the Kataifi base you will need...

- 4 sheets fillo pastry
- 200g kataifi pastry
- 100g butter, melted
- 80g pistachios, chopped
- 80g walnuts, chopped

For the syrup you will need...

- 1 cup sugar
- 1/2 cup water
- A piece of lemon peel
- 1/2 cinnamon stick

For the custard you will need...

- 1.6L whole milk, cold
- 200g caster sugar
- 100g plain flour
- 100g corn flour
- 3 eggs, plus 1 egg yolk
- 1 teaspoon vanilla bean paste or extract
- A pinch of powdered mastic (optional)

For the cream layer you will need...

600ml whipping cream

60g icing sugar

1/2 teaspoon vanilla extract

80g pistachios, chopped

Preparing the Kataifi base

- Butter the base of a large rectangular baking pan/dish (approx 37cm x 26cm)
- Baste and layer the fillo on the base of the pan
- Pull apart and evenly spread the kataifi pastry across the pan
- Pour the rest of the melted butter over the kataifi pasrty
- Bake in an oven preheated to 170°C for approximately 30 minutes - a until crisp and golden in colour

Preparing the syrup

- Add all the syrup ingredients into a small saucepan and bring to the boil
- Gently boil the syrup for 5 minutes (without stirring), until slightly thickened and then remove from the heat
- Set aside to cool down
- Pour the cooled syrup evenly over the hot baked pastry
- Then sprinkle the chopped walnuts and pistachios over the pastry

Preparing the custard

- Beat 100g sugar, eggs and yolk till creamy - then set aside
- Mix corn flour, plain flour and 100g of sugar into cold milk in a saucepan until dissolved
- Then place on medium heat and add vanilla/mastic powder
- Heat and continuously stir until almost hot - then take off heat
- Add some of the hot milk into the egg mixture slowly while stirring
- Add tempered egg mixture to the saucepan and continue to heat and stir with a whisk until a thick custard forms and bubbles - then remove from heat
- Cover with plastic wrap touching the custard and set aside to cool
- Pour and spread the custard evenly over the kataifi
- Place in the fridge to set for a few hours

Preparing the cream layer

- Add whipping cream, icing sugar and vanilla into a mixer's bowl
- Beat on high speed until medium peaks form - about 1 minute
- Spread the whipped cream evenly on top of the ekmek kataifi
- Sprinkle on top with the chopped pistachios

Serving the ekmek Kataifi

- Store the ekmek kataifi in the fridge and serve cold. Enjoy!
- Kali Orexi!