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SUMMER BERRY FILO TART WITH COCONUT 'YOGURT'



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Serves 4-6

Preparation time:

10 minutes

Cooking time:

20 minutes

Ingredients:

2 slices of stale bread (to make into bread crumbs)

75g granulated sugar

4 punnets of your favourite berries, ideally a mix of colours, rinsed

1 tbsp cornflour mixed with a little cold water, to form a paste

100g butter

3 tbsp oil

1 packet of defrosted fillo pastry

1 x 200g tub of crème fraîche

2 x 125g tubs of coconut 'yogurt'

Method

1. Preheat the oven to Gas mark 4, 180°C.
2. To make the breadcrumbs use the fine section of a hand-held grater or whizz together in a food processor.
3. To prepare filling: Combine the sugar and half the washed fruit in a small pan. Cook over medium-to low heat, stirring frequently, for 5 minutes or until the fruit is juicy and softens slightly.
4. Increase heat slightly and gradually add the cornflour mixture. Heat, stirring constantly, until the mixture boils and juices thicken, 2 minutes. Transfer to a bowl and set aside to cool and thicken.
5. Melt the butter and stir in the oil.
6. To prepare pastry; Remove the fillo pastry from the packet and cover with a slightly damp kitchen towel on the work surface to prevent it from drying out.
7. Arrange one sheet of fillo into a pie tin (20/22 cm diameter) and allow the edges to hang over. Gently press the pastry into the tin. Dampen a pastry brush with water and lightly brush some of the oil-butter mixture over the fillo. Be generous!
8. Sprinkle ½ teaspoon of the breadcrumbs over the bottom of the pastry. Repeat the process with 5 more sheets of fillo pastry, laying each at a 45° angle to the previous one and sprinkling each with breadcrumbs.
9. Brush the ruffled tops with extra butter and oil mixture.
10. Prick the base of the pie with a fork and line it with baking parchment. Fill it with uncooked rice or baking beans and bake in the oven for 10 minutes until the tops of the fillo ruffles start to brown. Remove the rice or baking beans and cook a further 4-5 minutes. This process is known as blind baking.
11. Remove from the oven and allow to cool until the pie tin is easy to handle.
12. Gently remove the pastry from the pie tin, spoon the cooled filling into the base and top with the remaining fruit.
13. In a small bowl mix the crème fraîche with the coconut yogurt, according to your personal taste. I like 3 spoons of crème fraîche to 1 spoon of coconut yogurt.

Tip: Any unused fillo can be rolled up, stored in the fridge and used another day to make samosas.


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