



Recipe Category / Syrup Sweets

Greek Kataifi Rolls

30'

Hands on

60''

Hands off

90'

Cook Time

21

Portion(s)

1

Difficulty



Method

- Preheat oven to 150°C (300°F) Fan.

For the syrup

- Place a pot over high heat.
- Add the water, sugar, cinnamon and orange rind. Bring to a boil and stir until the sugar has completely dissolved.
- When ready, remove from heat and set aside to cool completely.

For the kataifi rolls

- Beat the walnuts in a food processor to chop up just a little. Do not finely grind. Transfer to a bowl.
- To the food processor, add the pistachio nuts, cinnamon and cloves. Beat to combine and break up the pistachio nuts just a bit. Transfer to the bowl along with the walnuts.
- Finely chop up the white couverture and add it to the bowl also. This is your filling.
- Next, untangle the shredded phyllo dough with your fingers for about 5 minutes. Spread it apart and fluff it up making sure there are no knots.
- Divide it in to 3 equal parts. Cover 2 parts with a moist towel to keep them fresh and moist or else they will dry out and break up when you try to work with them.
- Divide the part set aside in to 7 equal parts.
- Spread each part out on a clean working surface in the shape of a nest.
- Melt the butter and drizzle all over the phyllo.
- Add a spoonful of the filling in the center and shape in to a roll.
- Transfer to a well-greased baking pan, making sure to leave enough space between each roll.
- Drizzle with some more melted butter.
- Repeat the same process with the other 2 parts of shredded phyllo dough that have been set aside.
- Bake for 1 ½ hours, until golden and crunchy.

Ingredients

For syrup

- 330 g water
- 450 g granulated sugar
- 1 cinnamon stick
- rind from 1 orange

For kataifi rolls

- 125 g walnuts
- 125 g pistachio nuts
- 1 teaspoon ground cinnamon
- ¼ teaspoons ground cloves
- 180 g white chocolate couverture
- 1 package shredded phyllo dough
- 400 g real butter, melted

Διατροφικός πίνακας

Nutrition information per portion

305 Calories (kcal)	12.0 Total Fat (g)	3.6 Saturated Fat (g)	45.0 Total Carbs (g)
15%	17%	18%	17%
27.0 Sugars (g)	3.9 Protein (g)	1.4 Fibre (g)	0.08 Sodium (g)
30%	8%	6%	1%

- When ready, remove from oven and pour the cooled syrup over each roll while it they are still very hot.
- Set aside for 30 minutes to 1 hour, until all of the syrup has been soaked up.
- Serve.