



Cypriot Flaounas

60'
Hands on

25'
Cook Time

12
Portion(s)

2
Difficulty



Method

Flaounas are a delicious Cypriot pastry appetizer you simply have to try! The dough carries the aromas of mastic, mahlab, ginger and cinnamon and they are filled with cheese, raisins and mastic! In Cyprus they are usually served for Easter but they are perfect for any time of year!

- Preheat oven to 180* C (350* F) Fan.
- Beat the flour, sugar, margarine, cinnamon, ginger, mastic, mahlab, cognac, yogurt, eggs and orange juice in a mixer, using the hook attachment.
- When all of the ingredients are almost completely combined, add the baking soda and continue beating for another 30 seconds, until you create a nice and elastic dough.
- When ready, cover with a towel and let it rest.
- To prepare the filling, combine all of the ingredients in a bowl.
- When the dough is ready, divide it in to 3 pieces.
- Roll out each piece of dough in to a sheet that is 2 cm thick and cut in to squares that are 20 cm in length.
- Add about 80 g of the filling in the center of each square, like a small bundle.
- Fold the 2 opposite sides of each square inwards but do not completely cover the filling.
- Then fold the remaining opposite sides in the same manner. You are basically creating a nest for the filling.
- Use a fork to press down on the corners to seal.
- Beat the egg, brush over the flaounas and sprinkle with sesame seeds.
- Bake for 25 minutes.
- When ready, remove from oven and serve warm with honey and ground cinnamon.

Ingredients

For the dough

- 750 g all-purpose flour
- 50 g granulated sugar
- 160 g margarine
- 1/2 teaspoon(s) cinnamon
- 1/2 teaspoon(s) ginger, powder
- 1/3 teaspoon(s) mastic, drops
- 1/3 teaspoon(s) mahlab, drops
- 30 g brandy
- 1 tablespoon(s) strained yogurt
- 2 eggs
- 1 tablespoon(s) baking soda
- 250 g orange juice

For the filling

- 500 g kefalotyri cheese
- 4 eggs
- 50 g semolina
- 50 g all-purpose flour
- 50 g granulated sugar
- 50 g raisins
- 1/3 teaspoon(s) mastic, drops, ground
- 1/2 teaspoon(s) mahlab, drops
- 1 tablespoon(s) margarine
- 1/2 bunch mint, finely chopped
- 1 tablespoon(s) baking powder
- 1/2 teaspoon(s) cinnamon, ground
- 1/2 tablespoon(s) ginger, powder

To serve (optional)

- 1 egg, for brushing
- 2 tablespoon(s) sesame seeds, for sprinkling
- honey
- cinnamon

Διατροφικός Πίνακας

Nutrition information per portion

593 Calories (kcal)	26.0 Total Fat (g)	13.0 Saturated Fat (g)	66.0 Total Carbs (g)
30%	37%	65%	25%
14.0 Sugars (g)	22.0 Protein (g)	3.5 Fibre (g)	1.8 Sodium (g)
16%	44%	14%	30%