



# Pear and custard phyllo pie

30'

Hands on

45'

Cook Time

4-6

Portion(s)

2

Difficulty



## Ingredients

- 1 package phyllo dough
- 4 pears
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 2 tablespoons granulated sugar, less or more according to preference
- 20 g raisins, less or more according to preference
- 50 g nuts, coarsely chopped, less or more according to preference
- 1 teaspoon granulated sugar, for sprinkling

### For custard:

- 3 egg yolks
- 400 g milk
- 1 heaping tablespoon flour
- 1 heaping tablespoon corn starch
- 75 g granulated sugar
- 1 teaspoon vanilla extract
- 2 tablespoons sweet wine or dessert wine
- 50 g butter

## Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

Deliciously creamy custard filling and juicy pieces of pear, raisins and nuts, encased between crunchy golden phyllo layers!! This is an elegant twist on the traditional Greek sweet called “Bougatsa”, which has only the custard filling. Bougatsa, whether traditional or not, is... simply scrumptious...!!!

- Preheat oven to 200\* C (390\*F) Fan.
- Start by preparing the custard. Boil the milk (reserve 2 tablespoons) and half of the sugar, in a pot over medium heat.
- Beat the 3 egg yolks with the remaining sugar and the reserved 2 tablespoons of milk, in a bowl with a hand whisk. Add the vanilla, flour and corn flour.
- As soon as the milk comes to a boil, add the egg mixture to the pot, very slowly. Mix continuously with the hand whisk until the custard thickens, over low heat.
- Remove from heat as soon as the custard thickens. Add the wine, vanilla and butter. Stir until the butter melts and all of the ingredients have completely combined.
- Transfer the custard to a baking pan. Cover with plastic wrap and place in the freezer for 5-10 minutes.
- Peel the pears and spread some lemon juice over them so that they don't turn dark. Grate them, starting from the thicker, lower part of the pear.
- Drain some of the pear juices and add the nutmeg, some sugar, raisins and nuts.
- Dust the phyllo dough with flour, heavily, on both sides. Place on a sheet of parchment paper.
- Fold it into 3 pieces, making a mental note of where the lines are situated. Unfold the phyllo dough and fold again, in half.
- Slice into strips, cutting only until the line you made a mental note of. (This will be the base where the filling will be placed.)
- Unfold again.
- Add the custard to the piece that is not cut (the base) and top with

## Διατροφικός πίνακας

### Nutrition information per portion

640 Calories (kcal)	34.0 Total Fat (g)	17.0 Saturated Fat (g)	70.0 Total Carbs (g)
32%	49%	85%	27%
36.0 Sugars (g)	12.0 Protein (g)	4.6 Fibre (g)	0.37 Sodium (g)
40%	24%	18%	6%

the pear filling.

- Fold the strips over the filling and braid them together.
- Brush the braids with an egg yolk and sprinkle with some sugar.
- Bake for 30-35 minutes.
- Serve with a scoop of vanilla ice cream (optional).