

This Greek Bougatsa recipe is easy to make and they are impossible to resist. Make them as big or as small as you like and invite your friends for coffee just as you take them out of the oven.



Yield: 6 large individual pastries

Bougatsa

Prep Time: 25 minutes

Cook Time: 30 minutes

Additional Time: 5 minutes

Total Time: 1 hour

These pastries are found in bakeries and home kitchens throughout Greece and are often eaten at breakfast time or with coffee.

They are thought to have originated in Macedonia where the idea had come from Constantinople (Istanbul).

They can be made with different fillings which meant they offered versatility and flexibility to working families and are quite quick and easy to make. Like many Greek dishes, different regions make their own versions.

These ones are filled with the popular semolina custard while others can be made with a sweet cheese filling, which is very similar to Tyropita (cheese pies).

These are also made with Filo pastry which is common today but sometimes puff pastry may be used.

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Ingredients

- 500 gms filo pastry sheets
- 1 cup melted butter
- 5 cups of milk
- 200 gms of butter
- 1 cup of fine semoline
- 1 cup of sugar
- 1/4 teaspoon of vanilla
- 4 eggs
- Icing sugar and cinnamon for garnish

Instructions

1. If you are using bought, frozen Filo remember to thaw it well in advance, usually overnight in the fridge!
2. Simmer milk on low until warm
3. Add butter, semolina, and sugar.
4. Stir under fully mixed and thickened.
5. Remove from heat and add in beaten eggs and vanilla.

6. Leave to cool, stirring occasionally.
7. Cut the Filo sheets in half and brush 5 sheets with melted butter. Add a further sheet folded in an envelope to the middle at the bottom of the 5 sheets (for extra strength) and spoon custard mixture onto it.
8. Fold into envelopes by folding in the outsides and then rolling up.
9. Place on a greased and papered pan and bake for 30 minutes at 200 degrees Celcius.
10. Dust with icing sugar and cinnamon and served when still warm if possible.

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Quality baking pan

Nutrition Information:

Yield:

6

Serving Size:

1
Amount Per Serving: Calories: 1224 Total Fat: 83g Saturated Fat: 51g Trans Fat:
2g Unsaturated Fat: 26g Cholesterol: 344mg Sodium: 955mg Carbohydrates: 104g Fiber:
2g Sugar: 67g Protein: 19g

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