

COOKING CUISINE

8 June 2022

Blueberry and Lemon Greek Custard Souffra

Serves 6-8

Equipment

- Round pastry dish
- Pastry brush
- Small & large saucepan
- whisk

Ingredients

- 375g Phyllo Pastry (8-10 sheets)
- 500ml mascarpone or double cream
- 150g caster sugar
- 5 eggs (medium) or 4 (large)
- 1/4 tsp pure vanilla extract
- Zest of 2 lemons
- 125g fresh blueberries (raspeberries or strawberries alternatively)
- 100g unsalted butter, melted (more for a richer taste)
- Icing sugar, for dusting
- Pistacchios or almonds, chopped optional
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Directions

1. Preheat oven to 180°C. Line and grease a 20 cm (8 inch) cake pan.
2. Melt the butter over medium heat in a small saucepan careful not to brown it and zest the lemon.
3. Place the filo pastry on your worktop and cover gently with a damp cloth, to prevent the pastry from drying out and cracking.
4. Take out 1 sheet of pastry and lay it lengthways on the worktop or a chopping board.
5. Gently brush the pastry with a little of the melted butter.
6. Ruffle up the pastry holding each end of the long side. Create a rosette and place this into the greased cake pan and repeat with the remaining pastry and more butter.
7. Now, repeat the process with the rest of pastry sheets, place each one lengthwise around the centre rosette until you filled the dish and have a large rosette and all sheets are used up.

8. Brush the top of the pastry liberally, with the remaining butter and sprinkle with cinnamon (optional)
9. Bake for approx 15-20 minutes at 180°C,
10. While the pastry is cooking, place the milk in a saucepan over a medium heat and bring to a simmer.
11. In the meantime, place the eggs, caster sugar and vanilla and lemon zest in a medium mixing bowl and whisk well.
12. Slowly pour in the hot milk while whisking the mixture until all the milk has been added.
13. Remove the cake pan from the oven and pour over the egg custard mixture.
14. Return to the oven and cook for another 30 minutes or until the custard sets.
15. During this second bake, the souffra may rise, but it will settle back in place once removed from the oven.
16. Remove from the oven and allow to stand for a few minutes.
17. Garnish with blueberries and serve warm.

Recipe 2 Title

Serves x

Equipment

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Ingredients

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Directions

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