



Miele

Filo parcels with raisins and pine nuts

By Maggie Beer

30 minutes

Preparation Time

20 minutes

Cooking Time

6

Serves

INGREDIENTS

Filling

2 tbs raisins

2 tbs Maggie Beer Verjuice

75g baby spinach

1 medium red onion, peeled and
finely diced

½ tsp fennel seeds, toasted

2 tbs Maggie Beer Extra Virgin Olive
Oil

Salt flakes and freshly ground black
pepper, to taste

4 tbs pine nuts, toasted

40g parmesan, grated

6 sheets filo pastry

80g butter, melted

METHOD

Filling

1. Place raisins in a small bowl with the Verjuice and stand for 1-2 hours to rehydrate.
2. Place the baby spinach in a perforated steam container and Steam at 80°C for 1 minute.
3. Remove the spinach from the Steam Oven and tip off any condensation, chop finely and set aside.
4. Add the onion and fennel seeds to a heavy based saucepan along with the olive oil and a little salt and pepper.
5. Sauté for 10–15 minutes over low heat, Induction setting 3-4, until tender and sweet, stirring regularly to avoid caramelisation.
6. Remove the plump raisins from the Verjuice and roughly chop, reserve the Verjuice.
7. When the onions are cooked through, add the Verjuice to the pan to deglaze then remove from heat.
8. When the onions have cooled slightly, add the chopped raisins, pine nuts, spinach and parmesan then stir to combine.

Filo parcels

1. Working with one sheet at a time, brush the entire surface of the filo liberally with melted butter then fold in half, bringing the short edges together. Using a sharp knife or pizza wheel cut the pastry in half on the long edge to make two rectangles.
2. One rectangle at a time; brush the pastry again with melted butter and with the short edge facing you place a tablespoon full, approximately 30g, of filling at the front then roll and fold the ends under like a parcel. Place onto a paper lined baking tray seam side down and brush lightly with butter. Repeat with the remaining pastry and filling.
3. Place into the Oven on shelf position 2 and bake on Combination mode with the following settings: Stage 1: Fan Plus at 180°C + 20 minutes + 45% moisture.
4. The parcels should be golden brown and crisp, remove from the Oven and cool on a wire rack. Serve warm as

Hints and Tips

- When working with filo pastry it is important to not let the pastry dry out. To avoid this, dampen a clean tea towel or kitchen cloth and lay over the pastry while preparing the rolls.
- Filo parcels can be made in advance and frozen. To cook from frozen, extend the cooking time by 8 minutes.