

Orientalische Dreieckstaschen (quasi Samosas)

134

Typ: Vorspeise

Quelle: Good Housekeeping, Nov. 94

Bemerkungen: Blätterteig statt Filo-Teig. Beim Ausrollen Untergrund gut einmehlen. Sesamsamen anbacken bis dunkelbraun!

Zutaten:

Rezept: Preparation time: 25min
Cooking time: 15min
20 cals per serving
Makes about 60

Cut 225g (8oz) filo pastry into strips 5x30.5cm (2x12in). Cover with a damp cloth. Mix 4 chopped spring onions with 225g (8oz) chopped cooked prawns, 30ml (2tbsp) light soy sauce, 5ml (1 level tsp) grated fresh ginger and 1 crushed garlic clove. Brush a pastry strip with melted butter. Place about 2.5ml (1/2 level tsp) of filling at end of the strip and fold diagonally into a triangle. Continue folding to the end of strip. Place on a greased baking sheet, brush with melted butter and sprinkle with sesame seeds. Prepare all parcels similarly. Cook at 200°C (400°F) mark 6 for 8-10min; serve.

To freeze: open-freeze then pack carefully in rigid boxes.

To use: Cook from frozen at 220°C (425°F) mark 7 for 12-15min or until golden.