

Atayef Recipe or Qatayef Recipe (custard filled pancake)

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Description

Atayef or Qatayef (أطائف) is a Mediterranean dessert reserved for the Muslim holiday of Ramadan, a sort of sweet crepe filled with a custard, cheese or nut. "Stuffed Custard Pancake"

It was traditionally prepared by street vendors in the Levant countries and more recently has spread to Egypt.

Atayef or Qatayef is the general name of the dessert as a whole, but more specifically, the its batter. The result of the batter being poured into a round hot plate appears similar to pancakes, except only one side is cooked, then folded. The pastry is filled with either unsalted goat cheese or ground walnuts and cinnamon. It is then baked and served with a hot sugar-water syrup or sometimes honey.

Recipe

Serves: 12-14

Difficulty: Medium

Prep and Cook time: 2 hours

Batter:

2 cups flour

1/2 cup whole wheat flour

2 cup milk

1 cup water

1 tsp yeast

1 tsp baking powder

2 tsp sugar

Ashta (custard):

2 cup whole milk

2 cup 2% or fat free milk

1 cup heavy cream

3 tbs sugar

1/2 cup corn starch mixed with 1/2 cup water

7 pieces white bread with crust removed

1 tbs rose water

1 tbs orange blossom water

ground pistachio for topping

Mediterranean simple syrup (atyr) or honey for topping

Start

with pancake batter, mix all ingredients in a bowl and stir until well combined, let sit for 20 minutes. To cook pancakes, heat a non-stick pan on medium heat, pour 1/4 cup batter or until 3 inches in diameter, cook until bubbles cover the pancake and it is no longer wet, about 30 seconds, make sure bottom is golden brown color, remove and place in a dish to cool, repeat until batter is gone.

For custard pour whole

milk, fat free milk, heavy cream, sugar and corn starch in a medium size pot and stir. Cut white bread into pieces and add to pot and stir. Mix until custard begins to thicken, add rose and orange water and stir until custard is very thick. Remove from heat and pour into a bowl. Set on counter top and let cool, stir every 15 minutes and after an hour cover with saran wrap and place in the refrigerator to cool completely.

To serve, pinch the pancakes together half way, fill a plastic bag or piping bag with custard and pipe into pancake pocket, top with ground pistachio and serve with simple syrup or honey. Make

sure to refrigerate.