

# Flavor and Flake

*Winter Edition*

*Volume 1*



ATHENS®



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# Welcome

Since 1958, our family-owned company has produced more phyllo dough and flavorful phyllo specialties than any other phyllo-maker in the world. Every day, we're hard at work to produce quality products and create recipes that make you feel like a rock star in the kitchen, whether you're a seasoned cook or barely know how to boil water.

In this book, you'll find recipes for small gatherings, family dinners, festive occasions and late-night snack attacks. Phyllo doesn't have to be fussy, and we're here to inspire you to create your own flaky creations with confidence. Our test kitchen chef, along with a few guest cooks, have come together to develop recipes that can help you celebrate the holidays with good cheer and good crunch.

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All the best from our family to yours,

**The Athens Foods Family**





*Never worked with phyllo? No problem. We've got a few hacks that can make these recipes a surefire success.*

\* **Plan in Advance**

Follow the package instructions to defrost phyllo dough (an overnight thaw in the fridge + a little time on the counter to come to room temp is critical).

If you need an instant phyllo fix, make one of our recipes with phyllo shells! They're ready for immediate use — just fill and serve.

\* **Save Your Leftovers**

Remove any phyllo not needed for the recipe, re-roll, wrap in plastic and refrigerate for up to 1 week so it's ready to roll when you are or refreeze up to 2 months.

\* **DO - Prep for Success**

Phyllo can dry out quickly, so have all your ingredients ready to go before opening the package of phyllo dough. For best results, work quickly and keep the dough covered with plastic wrap plus a damp towel over top. This keeps the dough moist and pliable throughout recipe assembly.

Make ahead. Many phyllo dishes can be assembled and frozen in airtight containers prior to baking. Do not defrost prior to baking.

\* **DON'T - Worry About Perfection**

Phyllo is more forgiving than you think. If it tears, simply patch it back together and layer with another sheet. No one will know!

\* **Get Flaky with It**

Phyllo is extremely versatile, so don't feel limited by traditional phyllo dough recipes. Phyllo dough is awesome as a pizza crust, pie shell, tortilla bowl or even a cracker. If these recipes whet your appetite, dig into our recipe library for even more ideas and creative substitutions. Phyllo shells come ready-to-use. Just fill and go! Find more inspiration at: [www.athensfoods.com/recipes/](http://www.athensfoods.com/recipes/).

# Brunch





*Stir together the powdered sugar, lemon juice, and almond milk and drizzle over warm turnovers!*

## RASPBERRY PHYLLO DOUGH TURNOVERS

*Need a vegan option? You'd never know these scrumptious raspberry turnovers are butter- and egg-free. Recipe by Ciarra of Peanut Butter Plus Chocolate blog.*

- **1 cup** fresh raspberries
- **¼ cup** granulated sweetener
- **1 teaspoon** vanilla extract
- **16 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **2 tablespoons** vegan cream cheese, room temperature
- **¾ cup** vegan butter, melted
- **⅓ cup** organic confectioners sugar
- **1 tablespoon** lemon juice
- **2-3 tablespoons** almond milk

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F and prepare a baking sheet with parchment paper.

Place the raspberries in a bowl and mash them using a potato masher or fork. Push the mashed raspberries through a fine mesh strainer to remove the seeds. \*Alternatively, leave the seeds in. Whisk in sugar, vanilla and cream cheese until smooth. Set aside while you prepare the dough.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Remove 1 sheet of phyllo dough and place it on work surface. Brush the side facing up with melted butter. Layer with another sheet and repeat process with 2 more sheets, yielding a stack of 4 sheets. Using a pizza cutter, cut in half length wise into 2 strips.

Spoon 1 tablespoon of filling onto the end of each phyllo strip leaving roughly a half inch of room to the edge. Fold one corner of phyllo diagonally across to opposite edge to form a triangle. Continue to fold triangle back and forth onto itself to end of strip. Place seam side down on the prepared baking sheet. Repeat process with remaining filling. Bake for 15-20 minutes or until golden brown. In a small bowl, stir together confectioners sugar, lemon juice and almond milk. Drizzle mixture over warm turnovers and serve.

*For added crispness,  
preheat oven to 350 °F.  
Place empty shells on a  
baking sheet and bake for 3  
to 5 minutes. Cool and fill.*



## **SMOKED SALMON MINI SHELL ROLL-UPS**

*A little healthy, a little indulgent, all delicious. Classic salmon, dill and cream cheese combine for an elegant twist on a lox bagel.*

- **1 package (8 ounce)** smoked salmon, thinly sliced (each slice approximately 6-7" long)
- **1 tub (8 ounce)** Philadelphia® Garden Vegetable Cream Cheese Spread
- **2 packages (15 count, each)** Athens® Phyllo Shells
- **3 tablespoons** dill, for garnish

### **Directions:**

Lay each slice of salmon on a work surface. Spread 1 tablespoon of cream cheese spread on each.

Beginning with smaller edge, roll each in the manner of a jelly roll. Cut into ½" pieces. Fill each shell with salmon pinwheel, cut side up, and garnish with dill.

### **Tip:**

For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3 to 5 minutes. Cool and fill.



## QUICK CINNAMON COFFEE CAKE PHYLLO BITES

*These cinnamon bites pack big flavor into a petite package. Add berries, chocolate chips or a sprinkle of nuts to kick these crunchy, crumble-topped cakes up another notch.*

- **2 pouches** Duncan Hines® Perfect Size for 1 Cinnamon Coffee Cake Mix (from a 4-pouch box)
- **6 tablespoons** water
- **2 packages (15 count, each)** Athens® Phyllo Shells, Chocolate Flavor Shells or Graham Cracker Flavor Shells
- Optional toppings such as chocolate chips, white chips, nuts or berries

### Directions:

Preheat oven to 350°F. In a small bowl, combine cake mix with water. Mix well. Spoon filling into phyllo shells, about  $\frac{3}{4}$  full. Sprinkle with optional toppings if desired. Place shells on ungreased baking sheet. Bake for 12-15 minutes or until set. Serve warm or at room temperature.



## GARLIC MASHED POTATO TARTS

*All the great taste of mashed potatoes now in bite size and with phyllo crunch!*

- **1 package (15 count) Athens®** Phyllo Shells
- **1 medium** russet potato, peeled and quartered
- **2 garlic cloves**, peeled
- **½ teaspoon** salt
- **¼ cup** olive oil
- **2 tablespoons** dill weed, for garnish

### Directions:

In a medium saucepan, place potato and enough water to cover. Add garlic and salt. Cook over medium heat for 15 minutes or until potato is soft. Drain water, saving 2 tablespoons of liquid.

In a food processor, puree potato and garlic. Slowly pour olive oil into running food processor. Add reserved water and process until smooth and creamy. Season with salt and pepper.

Spoon or pipe 1 rounded teaspoon of filling into each phyllo shell. Bake in preheated 350°F oven for 8-10 minutes or until golden brown. Garnish with dill weed. Serve warm.



# *Appa and Snacks*



*A perfect balance of flavors in each bite*



## **BAKED BRIE BITES WITH CRANBERRY AND PROSCIUTTO**

*This easy, festive Brie appetizer is perfect for any occasion. Simply fill phyllo shells, and garnish with thyme and honey. Recipe by Gavin & Karen from Couple in the Kitchen blog.*

- **2 packs (15 count, each)** Athens® Phyllo Shells
- **½ pound** of Brie, rind removed
- **12 whole** fresh cranberries
- **1 teaspoon** lemon juice
- **1 tablespoon** of sugar
- **3-4 slices** of prosciutto, sliced and rolled
- **2 sprigs** of thyme
- **Drizzle** of honey

### **Directions:**

Preheat oven to 350°F. Cube the Brie into 1" squares and place in phyllo shells on a nonstick cookie sheet. Take a slice of prosciutto and elegantly roll it and place on top of the Brie in each cup.

For a tart appetizer, top with a fresh, whole cranberry. For less tart, just use half of a cranberry that's been tossed in lemon juice and sugar. Tuck in a bit of fresh thyme, then bake in the oven for about 13-15 minutes. They are done when the cheese is melty, the prosciutto starts to crisp a bit and the cranberries begin to blister.

Add a drizzle of honey to the top of your phyllo appetizer and serve!





## PHYLLO WRAPPED FETA WITH TRUFFLE HONEY

*Crunchy, tangy, salty and sweet. This wrapped feta has it all. Serve at your next dinner party, and you'll receive rave reviews. Recipe by Ari from Well Seasoned Studio blog.*

- **5 sheets** Athens Phyllo® Dough (9" x 14" ), thawed
- **½ stick** unsalted butter, melted
- **7 ounce** feta cheese block
- **Sprigs** of fresh dill
- **1 tablespoon** truffle honey or other honey
- **½ teaspoon** sesame seeds
- **½ teaspoon** black sesame seeds
- **½ teaspoon** flaky sea salt

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper. Unroll phyllo and cover with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo dough on prepared baking sheet. Using a pastry brush, lightly brush phyllo with butter. Place another sheet of phyllo dough on top, then brush with butter. Repeat until all 5 sheets of phyllo are stacked.

Place block of feta in the center of the phyllo. Top with a few fresh sprigs of dill. Carefully fold phyllo over the feta to create a packet. Turn the wrapped feta over so the seam side is facing down. Brush the top with melted butter, then bake for 25-30 minutes, or until phyllo is crispy and golden brown.

Drizzle phyllo-wrapped feta with truffle honey, then sprinkle on sesame seeds and sea salt, then garnish with fresh dill. Serve immediately.

## BEEF WITH GORGONZOLA AND WALNUTS

*Steak, gorgonzola cheese and walnuts create a beautiful medley of flavors in this delicious beef hors d'oeuvre.*

- **5 ounces** round steak, small diced
- **2 teaspoons** fresh rosemary, minced
- **2 ½ tablespoons** balsamic vinegar
- **½ cup** red wine
- **Dash** of salt & pepper
- **1 teaspoon** canola oil
- **⅓ cup** onion, small diced
- **1 package (15 count)** Athens® Phyllo Shells
- **3 tablespoons** Gorgonzola cheese, for garnish
- **3 tablespoons** walnuts, coarsely chopped for garnish

### Directions:

Marinate diced steak with rosemary, balsamic vinegar, red wine and salt & pepper. In a small skillet heat oil and sauté onions 3-5 minutes. Add steak and marinating liquid to the pan. Reduce heat and simmer until liquid is reduced and beef is cooked.

Spoon 1 teaspoon cooked steak mixture into each phyllo shell. Garnish with cheese and walnuts. Bake in preheated 350°F oven for 5-7 minutes. Serve warm.



*Steak can be marinated  
2 hours to overnight.*





*Cran-Apple Crisps may be assembled and frozen prior to baking. Do not defrost before baking.*

## CRAN-APPLE CRISPS

*No matter the time of day, these cran-apple crisps hit the spot. You'll come back for seconds and thirds until the whole batch is gone.*

### For Filling:

- **1 cup** fresh or frozen cranberries
- **¼ cup** water
- **¼ cup** sugar
- **1** Granny Smith apple, peeled ¼" diced
- **¼ teaspoon** cinnamon
- **1 teaspoon** orange zest
- **2 packages (15 count, each)** Athens® Phyllo Shells or Graham Cracker Flavor Phyllo Shells

### For Topping:

- **1 ½ tablespoons** sugar
- **1 ½ tablespoons** flour
- **¼ teaspoon** cinnamon
- **Pinch** of nutmeg
- **Pinch** of salt
- **½ tablespoon** unsalted butter

### Directions:

Preheat oven to 350°F. In a small saucepan, cook the cranberries in water over medium heat, stirring occasionally. When the berries begin to pop, add ¼ cup sugar, diced apples, ¼ teaspoon cinnamon and orange zest. Let simmer over low heat for about 8–10 minutes or until slightly thickened.

In a small bowl, use a pastry cutter or fork to combine all topping ingredients until butter is thoroughly incorporated into the dry ingredients.

Spoon 1 heaping teaspoon of apple mixture into each shell. Liberally sprinkle the topping on each. Bake for 8–10 minutes.

A top-down view of a wooden cutting board with several pumpkin halves and scattered seeds. The pumpkin halves are cut open, showing the orange flesh and seeds. The seeds are scattered across the board. The text "Mains and Sides" is written in a white, cursive font over the image.

*Mains  
and Sides*



\* Phyllo bowls can be made, cooled and stored in airtight containers at room temperature for up to one week.

## ROASTED BUTTERNUT SQUASH SALAD IN PHYLLO BOWLS

Get to know the tortilla bowl's classy cousin. This gorgeous squash, candied pecan and pear salad is almost too pretty to eat. Notice we said almost.

- **12 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **2/3 cup** olive oil, divided
- **2/3 cup** Parmesan or other hard cheese, divided 1/3 grated and 1/3 cup shaved
- **1 tablespoon** black pepper
- **1 tablespoon** salt
- **1/4 cup** red wine vinegar
- **1 1/2 tablespoons** honey
- **1/2 teaspoon** dry mustard
- **1/2 cup** extra virgin olive oil
- **1 – 1 1/2 pounds** butternut squash, peeled and cut into 3/4" cubes
- **5 cups** mixed greens and red radicchio
- **1/2 cup** red onion, thinly sliced
- **2** red Anjou or red Bartlett pears
- **2/3 cups** candied pecans

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. In a small bowl, combine 1/3 cup grated parmesan with 1/2 tablespoon black pepper.

Unroll and remove 12 sheets of phyllo placing them on a cutting board. Using a pizza cutter or sharp knife, cut the stack in half widthwise to create two 7" x 9" rectangles. Cover with plastic wrap and then a slightly damp towel to prevent drying out. Reroll unused phyllo sheets and follow storing instructions on package. Place 1 sheet of phyllo on work surface and lightly brush with olive oil. Sprinkle with a pinch of cheese mixture. Lay a second sheet of phyllo across the first, making a plus sign. Lightly brush with oil and sprinkle with cheese mixture. Lay a third sheet diagonally across, brush with oil and sprinkle with cheese mixture. Lay fourth sheet diagonally opposite, brush with oil and sprinkle cheese mixture.

The phyllo should now resemble spokes on a wheel. Repeat process with remaining phyllo yielding 6 stacks of 4 sheets each.

Gently but firmly press phyllo stacks into the wells of a large muffin pan with excess phyllo evenly extending past wells. Bake for 5-10 minutes or until golden brown. Cool in pan, then remove.

Increase oven to 400°F. On a baking sheet lined with parchment paper, spread squash pieces in a single layer. Drizzle with olive oil and sprinkle with salt and remaining pepper. Bake 20-25 minutes, or until squash is tender and starts to caramelize.

In a medium bowl, whisk vinegar, honey, mustard and extra virgin olive oil. Toss together greens, radicchio, squash and red onions and fill each phyllo bowl. Drizzle with dressing. Top with cheese shavings, pears and pecans.

## MOROCCAN CHICKEN PIE

A simplified version of Morocco's famous celebratory dish, B'steeya, this rendition is just as delicious and just as perfect for a gathering. Recipe by Doaa of A Soulful Kitchen.

### For the Filling:

- **¾ cup** slivered almonds
- **1 tablespoon** sugar
- **4 tablespoons** butter
- **2** onions, sliced
- **1 tablespoon** garlic, sliced
- **1 teaspoon** Ras el Hanout
- **½ teaspoon** cinnamon powder
- **1 tablespoon** honey
- **1 ½ cups** reserved chicken stock
- **½ cup** dried apricots, chopped
- **½ cup** parsley, chopped
- **3** eggs, beaten
- **2 pounds** boneless chicken breast or thigh, shredded (same chicken used in stock)

### For the Stock:

- **2 pounds** boneless chicken breast or thigh
- **1** onion, quartered
- **2** garlic cloves
- **1 tablespoon** coriander seed
- **1 teaspoon** turmeric powder
- **1 teaspoon** paprika powder
- **3** bay leaves
- **2 cups** water

### For Assembly:

- **10 sheets** Athens® Phyllo Dough (9" x 14")
- **5 tablespoons** melted butter

### For Garnish:

- **1 tablespoon** confectioners sugar
- **¼ teaspoon** ground cinnamon





## MOROCCAN CHICKEN PIE (Cont.)

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

Make a quick stock by simmering the chicken, onion, garlic and spices for 30 minutes in the water. Season to taste with salt and pepper. When the chicken is cooked through, strain the stock and reserve it. Shred the chicken when cool and reserve it. In a mini food processor, pulse the almonds and sugar until finely ground. Set aside.

In a 9-inch heavy-bottomed pan, melt the butter. Add the sliced onions and coat well with butter. Cover the skillet with a lid and let the onions cook until lightly browned, about 10 minutes. Add the garlic, Ras el Hanout, cinnamon powder and the honey. Mix well, then add the reserved chicken stock and the almond mixture. Stir to combine, then let the liquid reduce until a wooden spoon can make a line through it when you run it against the skillet.

Add in the eggs and cook on medium-low heat until the eggs firm up a bit, but the sauce is still runny. Add in the shredded chicken, the apricots and the parsley. Mix well, taste for salt, and season with pepper. Let the filling cool.

To assemble, butter the bottom and sides of a 9-inch springform pan. Unroll phyllo and cover with plastic wrap, then a slightly damp towel to prevent drying out. Layer 1 sheet of phyllo at a time against the diameter of the pan, and let the top overhang. Butter the bottom and side of the sheet, then repeat with 5 more sheets, so the base and sides of the springform pan are completely topped with phyllo. Butter 2 sheets and fold them into the center of the springform pan, then add in the filling. Butter 2 more sheets and fold them into the center to cover the filling, then bring over the overhanging phyllo one sheet at a time, buttering the top of each. The filling should be completely covered and the top of the phyllo should be buttered all over. Bake at 375°F for 30 minutes, or until the top and sides of the pie are golden. Let sit for 10 minutes, then remove the sides of the springform pan.

For garnishing, mix the confectioners sugar and cinnamon together, then sift over the pie's top. Cut into triangles and serve warm.



## SWEET POTATO CROWN

*Step aside green bean casserole. There's a new queen of the Thanksgiving table. Take your mashed sweet potatoes to the next level with this stunning phyllo crown for a fresh twist on a traditional side.*

- **1 roll (18-20 sheets)** Athens® Phyllo Dough (9" x 14"), thawed
- Sweet potato casserole filling
- Cooking spray
- $\frac{1}{2}$  cup marshmallows

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Prepare ingredients for your favorite sweet potato casserole.

Unroll and cover the sheets with plastic wrap and then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface. Lightly coat with cooking spray and layer with another sheet of phyllo. Repeat process for the entire roll. Turn an 8" round casserole dish upside down on the phyllo, then about a half-inch out from the edge, cut the phyllo in the shape of the dish so that the crown is 8.5" in diameter. Cut a 3" diameter circle from the center of the phyllo crown. Carefully slide the phyllo onto a sheet of wax paper. Score the phyllo into 8 equal sections making sure not to go all the way through.

Fill the casserole dish with the sweet potato filling, and carefully lift the wax paper with the layered phyllo and slide the phyllo on top of the casserole. Bake in a preheated 350°F oven about 30 minutes for the phyllo to brown and cook through. Casserole baking temperature and time may need to be adjusted. Put the marshmallows in the center hole and bake for another 10 minutes. Let stand for 5 minutes before serving.

## INDIVIDUAL PHYLLO BEEF WELLINGTON

A classic English entrée gets a showstopping makeover. This one's worthy of being the centerpiece of your holiday table. For a sophisticated presentation, serve on your best platter surrounded by rosemary sprigs.

- **4** filet mignon (a.k.a. beef tenderloin) filets, each 1 ½" - 2" thick
- salt & pepper, to taste
- **16 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **½ cup** butter, divided
- **1** egg, beaten well

### Duxelles:

- **12 ounces** mushrooms (button, shitake or blend of both)
- **1 medium** onion or **4** shallots, finely chopped
- **2 teaspoons** fresh thyme leaves
- **1 tablespoon** fresh lemon juice
- **3 tablespoons** fresh parsley, chopped
- **2 tablespoons** sour cream

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. Sauté filets in 2 tablespoons butter in very hot skillet, approximately 2-3 minutes on each side, or until seared. Season liberally with salt & pepper. Set aside and let cool completely. May be prepared up to this point in advance.

Prepare Duxelles, which also can be done in advance. Clean and finely chop (or grate) mushrooms. Wrap in towel and squeeze out excess moisture. Heat 2 tablespoons butter and lightly brown chopped onions or shallots. Add mushrooms, salt, pepper, thyme and lemon juice stirring over high heat until all moisture has completely evaporated. Stir in parsley and sour cream. Set aside and let cool completely. Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface

and brush lightly with melted butter. Place second sheet directly over first and brush with melted butter. Repeat with 2 more sheets yielding a stack of 4. Repeat procedure three more times so you have 4 stacks of 4 sheets.

Place 1 filet in the middle of dough. Drain any accumulated liquid from Duxelles. Spread 1/4 of the Duxelles over the top of the filet. (If the filet is not perfectly round, place it lengthwise in the center of dough.) Fold in long sides of dough up over filling. Bring remaining sides up to meet, pinch together while making sure that filling is completely enclosed and dough is fluffed at top like a beggar's purse. Repeat for every piece of beef. Lightly spray baking sheet with cooking spray. Place each Beef Wellington at least 1" apart on baking sheet. Brush with well beaten egg. Bake in preheated 375°F oven 15-22 minutes or until golden brown.





## WINTER DELI TRIO

Scoop up a pre-made filling at the grocery store, spoon into phyllo shells, and you've got a no-recipe recipe that makes it look like you cooked up something special. These fill n' go bites are perfect anytime you need a light lunch, quick snack or an hors d'oeuvres to take to a potluck. One simple shell, endless possibilities.

- **2 packages (15 count, each)** Athens® Phyllo Shells
- **¾ pound** assorted deli salads (chicken salad, ham salad, egg salad)

### Directions:

Spoon salads into phyllo shells. Garnish as desired.

### Garnishes:

- For chicken salad, pair with cranberries and pecans.
- For ham salad, pair with dill.
- For egg salad, pair with fried sage and bacon.

# *Desserts*



## CAPPUCCINO FLUFF CUPS

*Who needs a winter nightcap when you've got coffee-tinged, heavenly fluff in a phyllo shell? This fluff is pillowy, creamy and oh so perfect paired with a phyllo crunch.*

- **1/3 cup** ricotta cheese
- **2 tablespoons** cappuccino dry beverage mix
- **1/3 cup** marshmallow crème
- **3 tablespoons** fat free, non dairy whipped topping
- **1 package** (15 count) Athens® Phyllo Shells
- **15** chocolate covered coffee beans or cinnamon, for garnish

### Directions:

Place ricotta in a strainer and let sit **at least 90 minutes** to release excess liquid.

In a small bowl, combine ricotta cheese, cappuccino mix and marshmallow crème. Fold in the whipped topping. Spoon or pipe 2 teaspoons of filling into phyllo shells and top with cinnamon and/or coffee beans. Serve immediately.





## NAPOLEON DESSERT WITH CARMEL MASCARPONE FILLING

Try this quick, no-stress napoleon dessert for the holiday season. Layers of flaky phyllo dough are stacked with caramel mascarpone cream and caramelized apples. Recipe by Sam Adler of Frosting & Fettucine blog.

- $\frac{3}{4}$  cup unsalted butter, separated
- Cooking spray
- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **3 large** Fuji apples, peeled and diced small
- $\frac{1}{2}$  cup granulated sugar
- **1 tub (8 ounce)** mascarpone cheese
- **1 tablespoon** plus **1 teaspoon** heavy cream separated
- **1 teaspoon** cornstarch
- **2  $\frac{1}{2}$  cups** confectioners sugar
- $\frac{1}{3}$  cup homemade or store-bought caramel sauce
- Freeze-dried apples for garnish

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. In a small pot, melt  $\frac{1}{2}$  cup of butter. Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Lightly spray a baking pan with cooking spray. Place 1 sheet of phyllo dough on pan. Brush with melted butter and continue stacking the layers of phyllo, brushing each one with melted butter before stacking another. Brush top layer with butter. When all layers are stacked, cut into thirds, yielding 3 stacks each approximately 4  $\frac{1}{2}$ " x 9". Bake for 8 minutes or until golden brown and super crispy. Let cool.



## NAPOLEON DESSERT WITH CARAMEL MASCARPONE FILLING (Cont.)

### To make the caramelized apples:

In a medium-sized pot, melt  $\frac{1}{4}$  cup of butter and add in the apples and sugar. Stir until sugar dissolves, bring to a boil, then simmer for 20 minutes until golden brown. Keep an eye on it to make sure it doesn't burn. In a small cup, dissolve cornstarch in one tablespoon of heavy cream, then add to the pot. Mix and continue to simmer until the mixture thickens, about 3 minutes. Let cool.

### To make the filling:

In the bowl of a mixer fitted with a paddle attachment, cream mascarpone until light and fluffy. Add in confectioners sugar and mix on low until combined. Add in caramel sauce and the last teaspoon of heavy cream.

### Assemble the Napoleon:

Take 1 stack of phyllo dough and pipe or spoon the filling on top. Top with caramelized apples, and another layer of phyllo. Continue stacking until you have 3 stacks of each. Garnish with freeze-dried apples and enjoy!

*A flaky treat that's perfect for cold weather*



*Allow to set for at least four hours for baklava to absorb the syrup!*

## PISTACHIO, CHOCOLATE AND ORANGE BAKLAVA ROLLS

*This is not your yaya's baklava. We turn up the volume on classic flavors with the addition of chocolate chips and a stunning orange-infused syrup.*

- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **1½ cups** sugar
- **1 cup** water
- **3 x ¾ inch strip** of orange peel
- **1 small** cinnamon stick
- **½ tablespoon** orange blossom water (optional)
- **1 cup** butter (preferably clarified), melted
- **1 cup** pistachios + additional for garnish
- **½ cup** mini chocolate chips
- **Zest** from 1 orange, grated

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 350°F.

In a small saucepan combine sugar and water. Add orange peel and bring to a boil. Lower heat and simmer for 8 minutes. Add orange blossom water (if using) and set aside to cool.

Using a food processor, pulse 1 cup pistachios, mini chocolate chips and orange zest to a coarse ground. Unroll and cover phyllo sheets with plastic wrap and then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface and lightly brush with melted butter. Place 1 ½ – 2 tablespoons nut mixture in a line lengthwise about 2" from long edge. Lay a second sheet of phyllo over the first, pressing gently. Lay a wooden or metal dowel (1/4 – 3/8" diameter) along long edge near filling. Fold phyllo over dowel and carefully roll up over filling continuing to the end. If you roll too tightly the filling will burst. Grasping the phyllo on both ends of dowel, gently press together forming gathers. Slide roll off dowel and place into a lightly buttered 9" x 13" pan. Repeat process forming nine more rolls, filling the pan. Brush ½ cup butter over the rolls. Using a knife or bench scraper, cut each roll into 3 pieces.

Bake 30 minutes or until golden brown. Remove from oven and immediately pour cooled syrup evenly over baklava rolls. Allow to set for at least 4 hours for baklava to absorb the syrup! Garnish with chopped or ground pistachios and serve.



## EGGNOG PHYLLO CUPS

*For adults-only, these boozy bites are better than a nightcap. Impress your guests with these easy holiday treats.*

- **2 packages (15 count, each)** Athens® Phyllo Shells
- **1 cup** egg nog
- **1 package (2.7 ounce)** French Vanilla Instant Mousse Mix or **(3.1 ounce)** Chocolate Instant Mousse Mix
- **1 ½ tablespoons** rum (optional)
- **⅛ teaspoon** nutmeg
- **⅛ teaspoon** cinnamon (+ additional for garnish)

### Directions:

Preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool.

Place egg nog, mousse mix, rum, nutmeg and cinnamon in a medium bowl. Beat with electric mixer on low speed until thickened. Then whip at highest speed for 5-8 minutes until peaks start to form. Chill mixture for 20 minutes. Pipe or spoon filling into shells. Garnish with a sprinkle of cinnamon. Serve chilled.

## CRANBERRY APPLE STRUDEL

*A filling of apples, cranberries, dried cherries (or raisins) and cinnamon finds a home in this sensational strudel. Freeze a couple extra and bake off the next morning for a seriously above-average breakfast.*

- **10 sheets** Athens Phyllo® Dough (9" x 14"), thawed
- **2 tablespoons** butter
- **2 cups** apples, peeled, cored and thinly sliced (2 medium)
- **¾ pound** fresh cranberries
- **¾ cup + 2 tablespoons** sugar
- **½ cup** dried cherries or raisins
- **1 teaspoon** cinnamon
- **½ teaspoon** vanilla extract
- **6 tablespoons** butter, melted
- **½ cup** almonds, ground
- Confectioners sugar, to dust

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 350°F.

In a medium skillet, over medium heat, melt 2 tablespoons butter. Add apples, cranberries and sugar. Cook about 5 minutes or until the cranberries burst. Remove the skillet from the heat and stir in the dried fruit and cinnamon. Let the filling cool.

Unroll and cover phyllo with plastic wrap, then a damp towel to prevent drying out. Cover work surface with waxed paper. Layer 10 phyllo sheets on the waxed paper, brushing each sheet with melted butter. Sprinkle 1 teaspoon ground almonds over each sheet as you layer them. Repeat process with remaining phyllo for a second stack. Spread half the filling over top phyllo sheet of each stack, leaving a 2" border.

Roll up from the long edge. Do not roll tightly, or strudel may split. Tuck or fold the edges at the ends. Place strudel seam down on baking sheet and brush with butter. Score top into 6 equal sections. Bake in preheated 350°F oven for 20 to 25 minutes or until golden brown. Let cool for 30 minutes. Dust with confectioners sugar. Serve warm or at room temperature.



*Kid  
Friendly*



## PEPPERMINT CHRISTMAS TREE MINI SHELLS

- **2 packages (15 count, each)** Athens® Phyllo Shells or Chocolate Flavor Phyllo Shells
- **4 ounces** cream cheese, softened
- **$\frac{2}{3}$  cup** marshmallow cream
- **$\frac{1}{4}$  teaspoon** peppermint extract
- **1 cup** whipped topping
- **4 drops** green food coloring

Preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3–5 minutes. Cool.

In a medium bowl, whip the cream cheese, marshmallow cream and peppermint extract. Fold in whipped topping and food coloring. Pipe filling into the shells using a round pastry tip.

## DULCE DE LECHE REINDEER PHYLLO TARTS

- **12 ounces** whipped cream cheese
- **$\frac{1}{2}$  teaspoon** salt
- **2 cans (13.4 ounce)** Dulce de Leche (such as Nestle® brand), divided
- **2 packages (15 count, each)** Athens® Phyllo Shells, Graham Cracker Flavor or Chocolate Flavor Phyllo Shells
- **14 ounces** mini pretzels
- **30** round candies, small cherry or cranberry pieces for noses (e.g. M&M's® or Raisinettes®)
- **60** candy eyes, small

In a medium mixing bowl, combine whipped cream cheese, salt and 1  $\frac{1}{2}$  cans of Dulce de Leche. Reserve remaining Dulce de Leche. Beat until blended thoroughly with an electric mixer on low speed. Spoon or pipe 1 tablespoon of filling into each shell.

Make "antler" pieces with pretzels by cutting the pretzel in half down the center, then trim off one rounded portion of each half to form a "V." Gently press ends into filling near the top of shell. Using a pastry or plastic resealable bag, pipe a small amount of the reserved Dulce de Leche in the center of each shell to form the reindeer's snout. Place a red or brown candy or fruit piece in the center of each "snout" for the nose. Place 2 eyes above each snout.

*Garnish trees with candy stars, rainbow nonpareils or sprinkles.*



*For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3–5 minutes. Cool and fill.*



## CHEERFUL CHOCOLATE HOLIDAY STRIPES

*A kid-friendly, Santa approved dessert. Athens Chocolate Flavor Phyllo Shells filled with festive jello and topped with whipped cream and crushed candy cane or gum drops.*

- **1 box (3 ounce)** strawberry gelatin
- **1 box (3 ounce)** lime gelatin
- **3 packets** unflavored gelatin
- **1 can (14 ounce)** sweetened condensed milk
- **2 ½ cups** water, room temperature
- **3 cups** water, boiling
- **1 cup** whipped topping
- Crushed candy canes, or red & green gum drops, for garnish
- **2 packages (15 count, each)** Athens® Chocolate Flavor Phyllo Shells

### Directions:

Lightly coat a 9" x 13" baking dish with cooking spray.

Place ¼ cup room temperature water in a small bowl and sprinkle with ½ packet unflavored gelatin. Let stand for about 2 minutes. Add 1 box strawberry gelatin and 1 cup boiling water. Stir until dissolved and add ¾ cup room temperature water. In another small bowl, repeat the process with lime gelatin.

Place ½ cup room temperature water in a medium bowl, sprinkle with 2 packets of unflavored gelatin. Let stand for 2 minutes. Add 1 cup boiling water and 1 can sweetened condensed milk. Stir until thoroughly mixed and gelatin is dissolved.

When strawberry gelatin mixture comes to room temperature, pour into baking dish. Place in refrigerator to set, about 20 minutes. Once set, pour room temperature white gelatin mixture on top. Return to refrigerator for 20 minutes or until set. Top with lime gelatin mixture and refrigerate, allowing to set 2-3 hours.

Unmold gelatin onto a cutting board. Cut into approximately 1" squares. Place 1 striped gelatin square in each chocolate phyllo shell. Top with whipped topping and garnish with crushed candy cane and/or gum drops.

## PIGS IN A PHYLLO BLANKET WREATH

*Give your pigs in a blanket a holiday spin. Kids of all ages won't be able to keep their hands off these tasty roll-ups.*

- **10 sheets** Athens Phyllo® Dough (9" x 14"), thawed
- **1 package (14 ounce)** cocktail sausages
- **½ cup** cheddar cheese, shredded
- Cooking spray
- Rosemary sprigs for garnish
- Ketchup or favorite dip for dipping

### Directions:

Thaw 1 roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. Unroll and cover the sheets with a damp towel or plastic wrap to prevent drying out.

Place 1 sheet of phyllo on cutting board and lightly coat with cooking spray. Layer and repeat with 4 more sheets. Cut layered phyllo into 6 equal sections widthwise and 4 equal sections lengthwise to create 24 squares (approx. 2" squares). Place 1 teaspoon of cheese in the center of each square. Place sausage diagonally on the corner of the phyllo square. Wrap phyllo over sausage and roll to opposite corner. Place seam side down on a baking tray, then repeat procedure with remaining 5 sheets of phyllo. Lightly spray the outside. Reroll unused sheets and follow storing instructions on package. Bake for 12-15 minutes or until phyllo is golden brown.

Arrange sausages on plate in a circular, wreath-like fashion. Lay rosemary sprigs around the inside of the wreath and place a small bowl filled with ketchup in the center. Serve.





## MAC AND CHEESE CUPS

*What's better than mac and cheese? Mac and cheese with added deliciousness sprinkled on top. Little kids, big kids and adults will all go crazy for this build-your-own bar. You may want to make a double batch.*

- **2 packages (15 count, each)** Athens® Phyllo Shells
- **1 box (7.25 ounce)** mac and cheese (such as Kraft® Macaroni & Cheese Dinner "blue box")
- **4 tablespoons** butter
- **¼ cup** milk

### Suggested Toppings:

- Pulled BBQ chicken or pork
- Cooked hot dogs or cocktail sausages, sliced
- Broccoli pieces
- Ham, cubed
- Green peas
- Ketchup
- Bacon, crumbled
- Cherry tomatoes, sliced

### Directions:

For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes.

Prepare mac and cheese per instructions on the box and transfer to a serving bowl. Arrange mac and cheese, small bowls or ramekins with toppings and a tray of Athens® Phyllo Shells on your mac and cheese bar. Kids can use their budding culinary skills to dress up their mac and cheese just how they like it.

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Note: page references in **bold italics** indicate photographs.

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