

CURRIED LAMB FILO PARCELS



Preparation : 35 min - **Resting :** 2 hr - **Cooking :** 30 min - **Equipment :** -

Ingredients : 6

- 900 g of saddle of lamb - ½ banana - ½ garlic cloves - 6 filo sheets - 3 tsp of curry powder - 2 eggs + 1 yolk - 3 tbsp of oil - salt, pepper

1. Cut the lamb into large cubes. Combine thoroughly with the curry powder and allow to marinate for 2 hours.

2. Slice the bananas. Peel the garlic and put it in the main bowl with the metal blade, along with the lamb. Process for 45 seconds. Add the bananas and pulse 2-3 times. Add the eggs via the feed tube. Season. Blend for a further 20 seconds.

3. Check the seasoning (it should be hot!).

4. Heat 2 tbsp oil in a frying pan. Fry the mixture, then cook for 5-10 minutes, stirring constantly.

5. Preheat your oven to 180 °C (gas mark 4).

6. Peel the paper backing away from the sheets of filo pastry.

7. Lay a small heap of filling in the middle of each sheet. Fold the left side over, then the right side. Next, fold the top and bottom sides up to form squares or triangles. Brush the last flap of pastry with egg yolk to seal the parcel.

8. Place each parcel on a baking sheet lined with baking parchment, with the join underneath. Brush the

top with egg.

9. Bake in the oven for approx. 15 minutes.

10. If the pastry browns too quickly, turn the temperature down.

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