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Baklava

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Ingredients

- 50g butter
- 3 tablespoons honey
- ½ teaspoon cinnamon powder
- 150g blanched almond finely chopped
- 3 sheets puff pastry
- 200g sugar
- 250ml water
- 1 tablespoon lemon juice

Method

Beat the butter, 1 tablespoon honey and cinnamon together. Then add the chopped almonds. Cover a baking tray with foil. Place 1 sheet of pastry on it, spread with half of the almond mixture and top with the second pastry sheet. Then spread the other half of the almond mixture on top and cover with the third pastry sheet. Mark this pastry into squares (1 ½ inches) with a sharp knife and bake in a moderately hot oven for 20 minutes or until top is golden brown. Put sugar, water, lemon juice and remaining honey into a saucepan and

heat slowly until the sugar has dissolved. Then simmer this sugar syrup for 5 minutes. Remove the baking tray from the oven and pull up the foil on the tray to form a case around the sides of the pastry. Pour the hot sugar syrup over the pastry and leave to soak for about 6 hours and separate the pieces.



Fish & Mushroom Parcels

Ingredients

- 500g white fish fillet
- 2 spring onions
- 1 tablespoon oil
- 1 tablespoon shredded ginger
- 2 tablespoons flaked almonds
- 1 can (400g) straw mushrooms drained
- ½ cup chicken stock
- 1 teaspoon corn flour
- ¼ cup oyster sauce

Method

Place each fish fillet on a piece of foil large enough to enclose the fillet. Cut spring onion into 4 cm pieces. Heat oil in a frying pan, add spring onion, shredded ginger, almonds and mushrooms and stir-fry for 30 seconds. Then add the chicken stock, corn flour, oyster sauce and stir over medium heat till thicken. Remove from heat and cool. Spoon mixture evenly over fish and enclosed with foil. Bake in an oven for 15 minutes or until fish is done.

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