



Farzana's Chocolate Semifreddo, Shortbread, Sumac Nut Crumble. Baklava with Mint, Saffron and Lemon Syrup

Preparation Time: 45 minutes

Cooking Time: 1 hour

Makes: 1 portion





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Measurements & Ingredients:

| Ingredient | Quantity |
|---|-----------|
| Chocolate Semifreddo | |
| Whittaker's 50% Dark Chocolate | 150g |
| Egg Whites | 4 |
| Sugar | 2Tbsp |
| Cream | 1 Cup |
| Baklava | |
| Filo Pastry | 10 Sheets |
| Melted Butter | 5Tbsp |
| Pistachios, finely chopped | 4Tbsp |
| Walnuts, finely chopped | 4Tbsp |
| Desiccated coconut | 2Tbsp |
| Mint, Saffron and Lemon Syrup | |
| Sugar | ½ Cup |
| Water | ½ Cup |
| Lemon, juice, and zest | 1 |
| Saffron | Pinch |
| Mint Leaves | 4 |
| Chocolate Shortbread, Sumac Nut Crumble. | |
| Flour | 1 Cup |
| Butter | 100g |
| Icing Sugar | 100g |
| Pistachios, finely chopped | 1Tbsp |
| Walnuts, finely chopped | 1Tbsp |
| Sumac | 1Tsp |
| Citric Acid | ½ Tsp |
| Chocolate, grated | 2Tbsp |



Method:

CHOCOLATE SEMIFREDDO

1. Whisk egg whites in a cake mixer until stiff peaks form
2. Slowly add sugar, until completely incorporated. Set aside.
3. Whisk cream until soft peaks form. Set aside.
4. Chop the chocolate into small pieces and place into a bowl.
5. Start to melt chocolate over a bain-marie and set aside.
6. Whisk the cream into the melted chocolate until light and smooth. Then fold in the stiff egg whites into the chocolate and cream.
7. Spoon the mouse mixture into desired moulds and set in an ice bath to set quickly in the freezer.

MINT, SAFFRON AND LEMON SYRUP

1. Put sugar, water, lemon, saffron and mint into a pot and bring to a simmer.
2. Once the sugar has dissolved, remove from the heat and set aside.

BAKLAVA

1. Preheat oven to 180°C
2. Brush melted butter on to filo pastry and sprinkle with pistachio, walnuts, and coconut.
3. Cover with more filo and cover with more butter.
4. Roll using a bamboo skewer and scrunch together using either end.
5. Bake in the oven at 180°C for 15mins or until lightly golden brown.
6. Pour cooled sugar syrup on top and sprinkle with a little pistachio sprinkle.



Method Continued:

CHOCOLATE SHORTBREAD, SUMAC NUT CRUMBLE

1. Beat butter and sugar until smooth with a cake mixer.
2. Add flour and sumac. Mix until combined.
3. Roll out into a thin sheet between baking paper.
4. Place into the oven to bake at 200°C for 10mins or until golden brown.
5. Once baked, break apart with your hands and crumble into a bowl.
6. Mix with nuts, sumac, citric acid, and grated chocolate.