

**MY LOUKOUMATA
INSPIRED BY THE ONES
MADE ON THE ISLAND
OF TINOS**



I tried the original when I first went to the Cycladic island of Tinos some years back, and fell in love instantly. They were made with rose *loukoum*, rose water and walnuts. I decided to try making them myself, but wanted to experiment, so I switched the walnuts to pistachios (rose and pistachios – a match made in heaven!), and added orange and lemon zest to the mixture. The result was mouth wateringly good! Sprinkled with icing sugar on top, it's crunchy and buttery on the outside, and chewy with a nutty rose-citrusy buzz on the inside! What's not to like? And, to boost, it's really easy to make, too. So, if you like crispy, rose-flavoured, buttery little bites of joy, then this will win you over immediately!

Yields:

34-36 pieces

Prep. Time:

0 hours **30** minutes

Cook Time:

0 hours **25-30** minutes

Total Time:

0 hours **55-60** minutes



Not suitable for freezing



Suitable from **24** months, and then, rarely



Suitable for vegans, if using vegetable or coconut oil



Suitable for vegetarians

INGREDIENTS

- 150g roughly chopped pistachio nuts
- 2 ½ Tbsp Honey, heaped tablespoons
- 2 Tbsp Rose water
- 600gr Rose *loukoum*
- 100g melted butter (or for a vegan alternative, a light vegetable oil or coconut oil)
- Zest of ½ lemon and ½ orange (If you like your *loukoumata* to be extra citrusy, then you can always add the zest of a whole lemon and orange. It's completely up to you!)

METHOD

1. Preheat your oven at 160C/320F.
2. Place a sheet of greaseproof paper on a baking tray.
3. Grind the pistachio nuts. Don't grind them too finely – you don't want them to turn into a powder.



4. Grate your lemons and oranges and set aside.



5. In a bowl, add the ground pistachios, honey, rose water, lemon and orange zest, and mix well. Set aside.



6. Cut all the *loukoum* pieces down the centre and set aside.



7. Melt the butter in a small pot.
8. Take your *fillo* pastry, and cut each leaf into three long rectangular strips, 10cm wide x the full length of the *fillo* sheet.
9. Place one piece of the cut *fillo* pastry on a wooden board, and butter it all over.
10. Place 2 halves of loukoum (1 in total) on the buttered *fillo* sheet, at the end nearest to you.
11. Add a teaspoon full of the pistachio, rose water, honey, orange & lemon zest mixture on top of the *loukoum* pieces.



12. Fold the sides of the *fillo* in towards the centre, then start rolling the *fillo* (with its fillings) away from you until you have something resembling a spring roll.
13. Place each roll on the baking tray.
14. Once everything is rolled up, brush the remaining melted butter on top, and place in the preheated oven.



15. Bake for about 15' on one side, then flip the *loukoumata* over and bake for another 10-15'.

16. Take them out of the oven and allow them to cool *completely*! This is *very* important!



17. Once completely cooled down, place icing sugar in a sieve, and dust it all over the *loukoumata*.



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