

Briouats

Preparation time: 35 to 40 minutes

Cooking time: 15 to 20 minutes

Ingredients (for one person):

- 2 sheets of filo pastry
- 1 tablespoon of goats cheese
- 1 peeled and grated carrot
- 1 peeled & grated courgette
- ¼ onion finely chopped
- 1 teaspoon of butter
- 1 tablespoon of olive oil
- Pinch of Salt
- Pinch of pepper
- Pinch of grated Nutmeg
- Two leaves of fresh mint

Preparation

Cheese filling.

Put the goat cheese in a bowl. Add a pinch of grated nutmeg, some finely chopped mint, salt and pepper. Mix well.

Vegetable filling.

In a saucepan, put the quarter of a finely chopped onion, 1 tablespoon of olive oil and let cook on medium heat until the onion is tender and golden. Do not let the onion caramelize. Add the grated carrots, mix well and cover the saucepan, turning the heat to low, leaving to soften for 2 minutes. Open and add 1 teaspoon of butter, after it has melted add the grated courgettes, add a pinch of salt and pepper to taste. mixing well, covering the base of the saucepan, cover and cook until soft.

Folding

Cut the filo sheets in long rectangles, stuff each rectangle with the vegetable, or the cheese, and start to make some triangles with the filling inside.

Cooking

Bake your briouates in the oven for 15 to 20 minutes at 180°C on rotating heat or until the sheets of filo are golden.

Note: This dish is made of fine layers of almost transparent pastry called “warqa”, akin to the pastry used for Chinese spring rolls.

Enjoy your Briouates!