KALI OREXI

sharing our Greek culinary heritage

Krisoula's Trigona Panoramatos

A recipe from Thessaloniki

For the pastry cones you will need...

1 pack fillo pastry
250g unsalted butter, clarified

For the custard you will need...

1L full-cream milk
100g caster sugar
4 large eggs yolks
2 tablespoons vanilla extract
100g corn flour
Optional: 2-3 ground mastiha tears

For the syrup you will need...

220g sugar
350ml water
6 cloves
1 cinnamon stick
Juice and skin of ½ lemon

Coarsely chopped pistachios, almonds or hazelnuts to decorate

Preparing the custard

- Place a pot on medium-heat
- Add the milk, sugar, egg yolks, vanilla extract and corn flour to the pot
- Stir with a whisk until all the ingredients combine and then continue stirring until the custard thickens and bubbles
- Place cling film or baking paper directly on the custard and allow it to cool to room temperature
- At this stage it can be we placed in the fridge, ready to use, for up to 3 days
- Before piping the custard into the cones, whisk or mix with a hand-held blender to loosen and smooth out the custard
- Optional: To make chocolate custard add 140 grams of dark (70%) chocolate, chopped, to the pot once the custard is off heat and stir through till melted and mixed through thoroughly

Preparing the syrup

- Add all the ingredients to a small pot and bring to a boil
- Boil on high heat for about 5 minutes
- Take off heat and allow to cool
- Before drenching cones in syrup, strain the syrup into a bowl and discard the cinnamon stick, cloves and lemon

Preparing the cones

- Line a large baking pan with baking paper and set it aside
- Place the phyllo sheets lengthways on a cutting surface
- Cut the fillo pastry lengthways into equal thirds and place the three strips on top of each other
- Take one fillo strip, lay it lengthways on your work surface, and baste it lightly with melted butter
- Take another narrow fillo sheet and lay it on the first one
- Baste this one with melted butter too
- Pick up one the lower right corner and fold so it reaches the left side of the fillo sheet
- Pick up one the lower left corner and fold so it reaches the other right of the fillo sheet
- Continue folding this way to the end to form a triangle
- Cut the triangle in half to create 2 smaller right-angle triangles
- Scrunch a small piece of baking/parchment paper (about 15cm x 15cm) to form a small ball

- Open each triangle to form a cone and place a baking paper ball into it to help maintain its shape during baking
- Place the fillo cone on the lined baking tray
- Repeat until you have used up all the fillo – makes 25-30 cones
- Bake the cones for 40 minutes in an oven preheated to 160°C fan-forced – until they are crispy and deep golden-brown

Preparing the trigona panoramatos

- Remove the cones from the oven
- Remove the baking paper ball from a cone
- Dip the cone into the syrup for a few seconds and then place it on a rack to drain
- Repeat for all the cones
- Using a piping bag, fill each cone with the custard to the top and sprinkle with your choice of nuts
- Place on a rack or platter and allow the custard to set briefly before enjoying the trigona panoramatos

Serving the trigona panoramatos

- Serve and enjoy immediately, while the cones are crispy
- Kali Orexi!