

Apple and Nut Phyllo Flutes

Floyères me Milo

One cylinder of packaged phyllo is just right for this strudel-like dessert that is light and aromatic, delicious with coffee or tea.

Note: Before working with phyllo, please see advice on its handling, page 14.

Makes 20 pieces

1. To prepare the filling, grind the nuts finely and place them in a bowl. Peel, core, and grate the apple, add it to the nuts, stir in the sugar and spices, and mix gently but thoroughly.
2. Preheat the oven to 350°F. Melt the butter and unwrap the phyllo.
3. Take one sheet, butter half of it, and fold it in two; now you have almost a square. Butter the top. Place a heaping tablespoonful of filling along the edge closest to you, leaving a 1-inch margin at the bottom and 2 inches at the sides. Fold away from you one time to cover the filling, then fold in the left and right sides to meet in the middle. Butter this folded dough and start rolling, so that you have a filled cylinder covered at both ends—cigarlike, as they used to say—approximately 2 1/2 inches long and nearly 1 inch thick. Brush with butter and set on a baking sheet, seam down.
4. Repeat until all the dough and filling have been used. Place flutes in preheated oven. After they bake for about 20 minutes, they look lovely and smell wonderful.
5. While they are baking, boil sugar, water, and lemon peel to reach 230°F. The syrup will be thick. Set it aside.
6. Let the flutes and the syrup cool to warm. Pour the syrup into a small pan with sides (I use a 7 x 9 ceramic pan; the syrup just covers the bottom of the pan). Pick up each flute and roll it in the syrup so all sides are coated by it but the pastry does not become soggy. With tongs, gently place the flutes in tightly sealed containers to have ready for a special treat, or remove to a platter for serving.

For the filling:

- 1 cup crushed walnuts
- 1 large Granny Smith apple
- 1/2 cup sugar
- 1/2 teaspoon ground cloves
- 1 teaspoon cinnamon

- 1 stick unsalted butter
- 1/2 pound phyllo

For the syrup:

- 1 cup sugar
- 3/4 cup water
- 1 strip lemon peel