



UNIT 10 - Recipe 30

Sweet Rice Rolls

for 1 Persons

Quantity / Ingredients

40 g phyllo pastry
100 g rice - long grain - not basmati
boiled
20-40 g rose water
5 g cinnamon
20 g candied fruit (candied lemon
peel, candied orange peel or
ground almonds)
20 g oil or vegan butter for rolls
10 g sugar
10 g powdered sugar or honey
Butter for spreading

Preparation:

- Heat twice as much water as rice, add a little salt. Bring to the boil briefly, cover and simmer over a very low heat for 18 minutes.
- Chop the candied fruit and add to the rice.
- Add cinnamon, half the amount of butter, sugar and rose water.
- We can also use ground almonds instead of fruit.
- Lay out the filo pastry individually, brush with a little vegan butter, place the filling in the middle and roll up tightly.
- Brush with butter and freeze everything flat.
- If required, bake in a preheated oven for 10-12 minutes at 200° C until golden brown.
- Serve warm with powdered sugar or honey on top before eating.
- We can add fruit sauce or almonds.





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