



Crisp and savoury

It doesn't have to be sweet to appeal to strudel fans

BABY sweetcorn, tender young asparagus, carrot sticks, wilted spinach and plump prawns are wrapped up in a crisp pastry roll and drizzled with a simple sauce that's both sweet and fiery. Here, you have a certain winner whether you are serving it to the family or as a party special for friends.

This simple savoury strudel is a delight to make and a treat to eat.

The secret is in using phyllo pastry, or *filo* depending on how the manufacturer spells it, for the crust. This is a Greek eggless pastry that comes in paper-thin sheets. It's not hard to get and is readily available at all larger supermarkets, right next to the ready-rolled puff and shortcrust pastries. The light layers are easy to handle, and bake to a feather-light crisp.

Don't be frazzled if you are ovenless. Just fry the rolls in a lightly oiled non-stick pan. Works just as beautifully.

(And if you really cannot find phyllo pastry, substitute with spring roll wrappers although they are not as light.)

The filling is a breeze to make. Lightly blanch all the veg-

etables and prawns and simply assemble. Crumble a MAGGI Chicken Stock Cube over the filling for instant flavour.

You can play mix and match with your savoury strudel filling, just as long as you keep the flavours and textures in mind. Try to have a balance of crunch and softness, strong flavours and subtle.

I used prawns for a sweetness that is echoed in the asparagus and young sweetcorn, while spinach provided a different texture and colour that was again contrasted in the carrot sticks.

If you like more meat in the strudel, try a minced chicken and glass vermicelli (tang hoon) mixture flavoured with chopped mint and coriander. That will give you a touch of Thai, for example, and a more substantial dish.

Or just leave out the prawns in this recipe for a lighter vegetable strudel.

The sauce that goes with the strudel plays an important part in making this recipe stand out.

MAGGI Extra Hot Chilli Sauce is mixed with honey to give it a fiery kick and to add both colour and flavour to the presentation.

Experiment with your own favourite flavours, because that's what good food is all about. And do drop me an e-mail to tell me all about it.



by
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WINNING LETTER:

I am a full-time housewife who enjoys reading and preparing the various recipes you have published. They are easy to prepare and most importantly, taste delicious and delightful.

Ms Irene Koh, Ang Mo Kio
via homechef@newstoday.com.sg

Thank you, Irene. MAGGI culinary aids are carefully taste-tested so that they are easy to use and very tasty. Our philosophy is that the family that dines together, stays together.

Do you have a question about MAGGI products?

E-mail homechef@newstoday.com.sg.

The letter chosen for publication each week
WINS a MAGGI Hamper.

THIS MONTH'S DIARY:

FUN COOKING WITH MAGGI is a cooking workshop conducted by Nancy for children from eight to 13 years old. Details at www.lifeskills-lifestyle.gov.sg.

June 11, 2.30pm

Marine Parade CC, call tel: 6346 7703

June 13, 2.30pm

Sembawang CC, call tel: 6758 4183

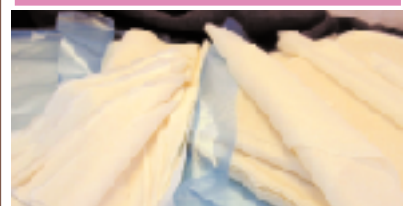
June 15, 2.30pm

Paya Lebar CC, call tel: 6284 4261

June 18, 2.30pm

Kaki Bukit CC, call tel: 6445 4223

TAKE A TIP TODAY



Light as paper pastries

SPOT the difference? The pastry on the left are the phyllo sheets and those on the right are your garden-variety spring roll skins. They look similar and are almost interchangeable, but the key word is "almost".

Try experimenting with phyllo. I promise you that once you've tried them, you'll be making tarts, pies, samosas or even spring rolls from them. Keep them dry and happy in the chiller and they bake well, fry well and are really easy to use, especially when you want to rustle up quick snacks for friends who suddenly drop in. One package will yield a generous amount of an average of 20 sheets.

Think out of the box with spring roll skins as well. Roll them up with a meat filling, cut up in rounds and fry. Or slice the skin into thin strips, fry or bake them crisp and use them as garnishes in soups, stews and braised dishes for instant contrast.



Savoury Strudel with Fiery Sauce

Ingredients:

- 1 MAGGI Chicken Stock Cube
- 4 tablespoons MAGGI Extra Hot Chilli Sauce
- 4 tablespoon honey
- 300 gm gray prawns
- 1 bunch spinach
- 1 pkt baby sweetcorn, halved
- 1 pkt young asparagus, trimmed
- 1 carrot, peeled, cut into sticks
- 1 pkt phyllo pastry
- Salt and pepper to taste

Method:

1. Heat a pot of water and cook prawns till just pink. Remove shells and reserve.
2. Blanch sweetcorn, asparagus and car-

- rots. Wilt spinach in hot water.
3. Stack four sheets of phyllo pastry on a flat surface. Lightly oil between sheets.
4. Lay-out vegetables and prawns in a neat row along one edge of pastry. Crumble MAGGI Chicken Stock Cube over the filling. Roll up and tuck edges under. Lightly oil top of roll.
5. If you have an oven, bake roll in 180 deg C oven for 15 minutes till brown. Or fry the roll in a lightly oiled non-stick pan until golden. Serve cut in large sections.

For the sauce:

Combine MAGGI Extra Hot Chilli Sauce and honey and mix well. Drizzle over strudel just before serving
(Preparation time: 20 minutes. Serves four.)

Grocery List/Price Guide:

- MAGGI Chicken Stock Cube (\$1.39/66g)
- MAGGI Extra Hot Chilli Sauce (\$1.65/320g)
- 300 gm gray prawns (\$4.00)
- 1 bunch spinach (\$1.20)
- 1 pkt baby sweetcorn (\$0.90)
- 1 pkt young asparagus (\$0.90)
- 1 carrot (\$0.30)
- 1 pkt phyllo pastry (5.90)

Total cost: \$16.24

