

# Beinarian Slatkos with Kara, Kelan, or Nanla Filling

Created by Laurel A. Rockefeller; Kristeen Shuga and Alayna Hoglund of “What’s the Occasion” bakery.

Beinarian slatkos are buttery baked pastry filled with fruit fillings popular across Beinan at formal events and sometimes for breakfast. Slatkos made be filled with any number of fruits and/or nuts from across the planet. While kara, kelan, nanla, and other Beinarian trees cannot grow here, their flavors can be closely replicated as demonstrated in this easy recipe. It works best when stainless steel cannoli forms are put in the middle while baking; without the forms, each slatko bakes completely flat, greatly reducing the amount of filling and requiring the scooping out of some of the bread in the middle.

## Pastry Puff Shells

1 cup all-purpose flour

½ teaspoon salt

½ cup cold butter, divided

¼ cup ice water

1 ½ teaspoons water

2 tablespoons beaten egg

1. In a small bowl, combine flour and salt; cut in ¼ cup butter until crumbly. Gradually add water, tossing with a fork until a ball forms. On a lightly floured surface, roll dough into a 12 inch x 6 inch rectangle.

2. Cut remaining butter into thin slices. Starting at a short side of dough, arrange half of the thin butter slices over two-thirds of rectangle to within ½ inch of edges. Fold unbuttered third of dough over middle third. Fold remaining third over the middle, forming a 6 inch x 4 inch rectangle. Roll dough into a 12 inch x 6 inch rectangle.

3. Repeat steps of butter layering and dough folding until all the butter is incorporated into the dough, ending with a 6 inch x 4 inch rectangle. Wrap in plastic wrap; refrigerate for 15 minutes. Roll dough into a 12 inch x 6 inch rectangle once more. Fold in half lengthwise and then width-wise. Wrap in plastic wrap; refrigerate for 1 hour.

4. In a small bowl, combine egg and water. Roll dough into a 12 inch square; cut into four squares. Brush with half of the egg mixture. Place squares onto cookie sheet and grab the two opposite corners and connect them over a stainless steel cannoli form.

5. Bake at 450° for 10-15 minutes or until golden brown. Cool until warm but not burning hot. Gently slide cannoli form out. Cool completely. Fill as directed below.

Substitution: baked shell dough may be substituted with crescent roll or turnover dough located in your local grocery store. Of the “crescent” dough options available in the supermarket, we prefer the new Pillsbury Crescent Recipe Creations Seamless Dough Sheet which is uncut crescent bread dough. To use pre-purchased dough, simply unroll, separate (or cut to size if using the dough sheet), bring the corners together over each cannoli form, seal, bake, and fill. For the flakiest shells, use turnover dough or Grands biscuit dough rolled/pressed out to size.

Fillings:

1 ½ cups berries or chopped fruit

¼ cup sugar (if the fruit is tart or slightly unripe)

3 tablespoons cornstarch diluted in enough COLD water to dissolve it.

1. Puree with blender or mash thoroughly to a smooth to slightly lumpy consistency. Push through a sieve if you want to remove the seeds. Put puree in a pot on medium heat on the stovetop; add sugar and starch liquid; stir constantly. Bring to a boil until well thickened. Cool completely. This will become very thick and tastes very fresh.

2. Once cooled, place some filling into either pastry bag or a sandwich bag. Cut hole into bag and squeeze slightly into pastry to pipe in the filling. Alternatively, a small spoon can be used to carefully fill each slatko shell. It is easier if you fill half on one side and half on the other as well.

Beinarian fillings:

Kara fruit filling

¾ cup blackberries (approximately 1 6 oz. container)

¾ cup blueberries (just under ½ of a standard pint container)

Kelan fruit filling

¾ cup blackberries (approximately 1 6 oz. container)

¾ cup lingonberries (approximately ¼ to ⅓ pound)

Nanla fruit filling

1 medium apple, peeled, cored, and chopped into small but not fine chunks

¾ cup kiwi fruit (about 1 to 2 fruit, depending on size), peeled and chopped

Nanla fruit filling should be coarser than most slatko fillings; do not puree completely smooth.

Toppings:

After baking and filling, the tubes may be doused with powdered sugar, sprinkles, iced at the ends, or just left plain.