

# Recipe | S H A A B I Y A T

Prep Time: 15 min    Cook Time: 40 min    Serves: 12

## INGREDIENTS

- 8 oz. Phyllo Dough (12 Sheets)
- ½ cup Unsalted Butter (1 Stick)
- ½ cup Heavy Cream
- 1½ cup Whole Milk
- 3 tb. White Granulated Sugar
- 3 tb. Cornstarch
- 1 tsp. Rose Water
- 2 tsp. Orange Blossom Water
- ⅓ cup Attar
- 2 tb. Crushed Pistachios



Layers of buttery, flakey phyllo dough  
stuffed with sweet homemade ashta and drizzled  
with a rose-water syrup

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## METHOD

1. Prepare the ashta by combining the heavy cream, whole milk, sugar, and cornstarch in a small pot.
2. Whisk thoroughly to combine and place over a medium heat.
3. Keep whisking as the milk mixture heats up and thickens.
4. Once thickened, add the rose water and orange blossom water and mix well.
5. Remove from the heat and transfer ashta to a wide bowl to cool fully and thicken more.
6. You can refrigerate yours for about 10 minutes until it is time to work with it.
7. Melt the butter and set aside.
8. Unroll the phyllo dough and lay 1 sheet on a clean flat surface.

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9. Using a pastry brush, brush the butter all over the sheet.
10. Place another sheet of phyllo on top of the buttered sheet and repeat until you have used all the sheets (about 12).
11. Cut the sheet into even squares.
12. Depending on the size of your phyllo, the size of the squares may vary but, aim for 4 inches.
13. Preheat the oven to 375F1.
14. Add a full tablespoon of the ashta mixture to the middle of the square and spread over half the square (diagonally).

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15. Fold over diagonally and place on a parchment-paper lined baking sheet.
16. Repeat for all remaining dough squares.
17. Brush the top of the shaabiyat with remaining butter.
18. Bake for 25 minutes on 375F until golden brown on top.
19. Remove from the oven and drizzle 1/3-1/2 cup of prepared attar over the shaabiyat.
20. Decorate with crushed pistachios and they are ready to serve!

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## NOTES

1. Do not cover shaabiyat once they are baked, that will make them soft.
2. Shaabiyat can last for 3 days in the fridge before they lose their crispiness.
3. Shaabiyat can be served warm, at room temperature or cold.
4. Prepare your attar ahead of time.

Recipe: [Simplyleb.com](https://www.simplyleb.com)

\*Attar recipe can also be found on [Simplyleb.com](https://www.simplyleb.com)