

Updated Feteer Meshaltet Recipe and Video

Feteer meshaltet or fiteer is a popular Egyptian street food that is a cross between strudel and puff pastry. It is a basic dough that is stretched really thin and folded with clarified butter between the layers of dough. It can be topped simply with powdered sugar and honey for a sweet snack or filled with sausage or other savory fillings like cheese. This is an updated recipe as I have been experimenting with temperatures and currently favoring baking at 450F for a slightly crisp top and nice separation of layers.

For step by step pictures instead of video:
<http://thecakedr.com/egyptian-pastry/feteer-meshaltet-step-by-step-pictures/>

Feteer Meshaltet



The Original Egyptian Puff Pastry

- 3 cups AP flour (423 g)
- 1 cup lukewarm water (240g)

- $\frac{1}{2}$ tsp sea salt
- 1 cup clarified butter or ghee or samna (approx 200 g at room temp)

1. Start in your mixer with your dough hook at “stir” until it becomes a shaggy dough then turn up to setting “4” and knead for another 2-3 minutes. Let rest at room temp for 1/2 hour to 1 hour. Place in an oiled bowl, turning over to cover all sides of oil and cover with plastic wrap. Let rest at room temp for 1/2 hour to 1 hour.
2. Preheat your oven to 450°F and grease your 8” cake pan or pizza pan with clarified butter. Grease your work surface with clarified butter as well.
3. Roll out the dough initially with a rolling pin. Once you get it flattened out a bit start stretching out the rest with your hands – similar to stretching strudel dough but you gently lift and pull at the edges. The dough should be paper thin and might tear a little at the edges but don’t worry about that. Once you're done stretching, cut the thick rope-like edge off with scissor or a pizza cutter or just tear off with your hands. Slather more clarified butter over the entire surface making sure to get the edges.



4. Pull up one of the longest sides and bring it to the middle. Do the same for the other longest side. The edges should meet in the middle of your [now] rectangle . Again, slather these newly exposed surfaces with

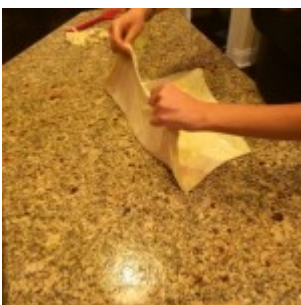
clarified butter.



5. Bring in the two shortest sides to meet in the middle and butter again. Think of creating an envelope. Try to keep the dough laying flat and smooth rather than bunched up and wrinkled. You may try stretching it out less than I did to make it easier your first time around.



6. Now fold over in half lengthwise so that the longer edges meet and you form a narrow rectangle. Start folding up the rectangle into triangles similar to folding up a flag – remember to butter the newly exposed surfaces. Place the whole thing seam side down into your buttered pan.



7. Let rest for 10 min in the pan then press down with your fingers to spread the dough to the edges of the pan.



8. Bake at 450°F for about 18-20 minutes until it gets a nice golden brown on top, brushing with clarified butter halfway through.
 9. Brush the top with butter right after baking for an even softer, richer texture. After baking, cover with a towel to “soften” the top of the pastry. You can also eat it right away with a variety of toppings such as powdered sugar and honey which is most traditional.
- The dough can rest in the fridge up to overnight before the stretching step.
 - The scraps that you collect from trimming the thick edge can be reknaded, allowed to rest, and used for another feteer.