

FOOD FROM OUR HOMELAND

Armenian Gata

Recipe supplied by Lilit Petrosyan

ingredients

2 sheets of puff pastry
6 tablespoons of self-raising flour
6 tablespoons of white sugar
6 tablespoons of olive oil
1 egg
Baking paper

directions

Set oven to 220C (430F)

- Ensure puff pastry is at room temperature
- Combine flour, sugar and olive oil until well mixed
- Place two sheets of puff pastry on the bench
- Spread half of the filling mixture evenly over the surface of each sheet
- Place thumb and forefingers of both hands on the end of the sheet nearest you on the bench.
- Roll each sheet forward (like rolling up a carpet), until the furthest end is **underneath** the rolled up sheet (it is a loose end)
- You now have the Gata ready to cut.
- Using a very sharp knife, gently cut your roll into 4-5 pieces.
- You now 4-5 discs of Gata
- Line baking tray with baking paper
- Using a flat knife transfer them carefully into the baking tray, lying them flat
- Ensure the loose end does not come away from the rolled up sheet, but remains in place, when you lay it flat
- Separate egg yolk and white and beat egg yolk with fork
- Brush each serve with egg yolk
- Place tray in oven for 20-25 minutes, until golden brown in colour.

Serve warm or cold.

Optional: Variations add one or more of the following to filling

- 2 tablespoons of sultanas (each sheet needs one tablespoon)
- 2 tablespoons of walnuts (each sheet needs one tablespoon)
- a pinch of cinnamon powder

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