

Shredded Fillo™ Dough

(KATAIFI)

It's Easy. It's Fast. It's Fun. It's Different. It's Delicious.



Easy Yet Elegant

Thaw and store in refrigerator up to one week. Form the thin, pliable strands into any shape you like. Look inside for directions to make several distinctive shapes.

Razzle Dazzle

Bakes flaky, crispy and golden brown.
Makes a stunning presentation. Delivers a tantalizing texture.

Unexpectedly Healthful

Despite its rich, decadent taste, Athens Shredded Fillo contains no trans fat, no saturated fat and no cholesterol.

ATHENS®

WORLD'S LARGEST PRODUCER OF FILLO PRODUCTS

GENERAL HANDLING DIRECTIONS

1. Gently knead shredded fillo to loosen the strands.
2. Carefully remove a small amount of the shredded dough; keep remaining dough covered with plastic wrap.
3. On work surface or ungreased cookie sheet, press strands with fingertips in an even thickness.
4. Spray with oil or brush with melted butter or margarine.
5. Form into desired shapes; spray again with vegetable cooking spray, if necessary, to moisten and seal edges.
6. Save any fillo which breaks off while separating strips, shaping dough or trimming edges; toast and use as a topping. (See Quick Step)

GENERAL BAKING INSTRUCTIONS

1. Bake unfilled shapes, on an ungreased baking sheet, at 375° F for approximately 10 to 15 minutes.
2. Bake filled shapes at 350° F for approximately 20 to 25 minutes or until filling is done and fillo is golden brown.

1 SHREDDED FILLO TWISTS

Ideal for seasoned bread sticks or sweet pastry twists.

1. Separate dough into approximately 1/2" to 3/4" wide strips and cut to any length desired.
2. Moisten with oil, butter or margarine.
3. Twist strips into a corkscrew shape; seal ends by pressing with fingertips.

Savory Bread Sticks - Season with herbs (Italian seasoning, dill, chili powder) and cheese (Parmesan, Romano, American) before twisting. Serve with soup or salad.

Sugar 'n Spice Twists - Sprinkle with cinnamon sugar or other sweet spices before twisting. Serve for breakfast or dessert with fresh fruit.

2 SHREDDED FILLO SNAILS

Great base for breakfast or main dish entrees or as a stew topper.

1. Form twists as directed above.
2. Coil each twist into a spiral shape.

A Basic Touch - Use as a crisp base for cheesy scrambled eggs, Eggs Benedict; sautéed chicken breasts or strips, grilled beef or broiled fish all topped with a savory sauce.

A Top-Notch Idea - Use as a topper for stews, fricassee, chowders.



(See color photo on front)

3 SHREDDED FILLO BIRD'S NEST

Make any size - fill with favorite appetizer, main dish or dessert filling.

1. Separate dough into strands.
2. Moisten with oil, butter or margarine.
3. Press strands over bottom & up sides of buttered muffin pans, custard cups, small bowls, tart shells or pie pans.

Main Dish Magic - Fill with any favorite creamed chicken, seafood or meat specialty or use for vegetable or potato side dishes.

Dessert Delights - Perfect container for fruit pie fillings, fresh fruit with sauce, ice cream, pudding, yogurt 'n more.

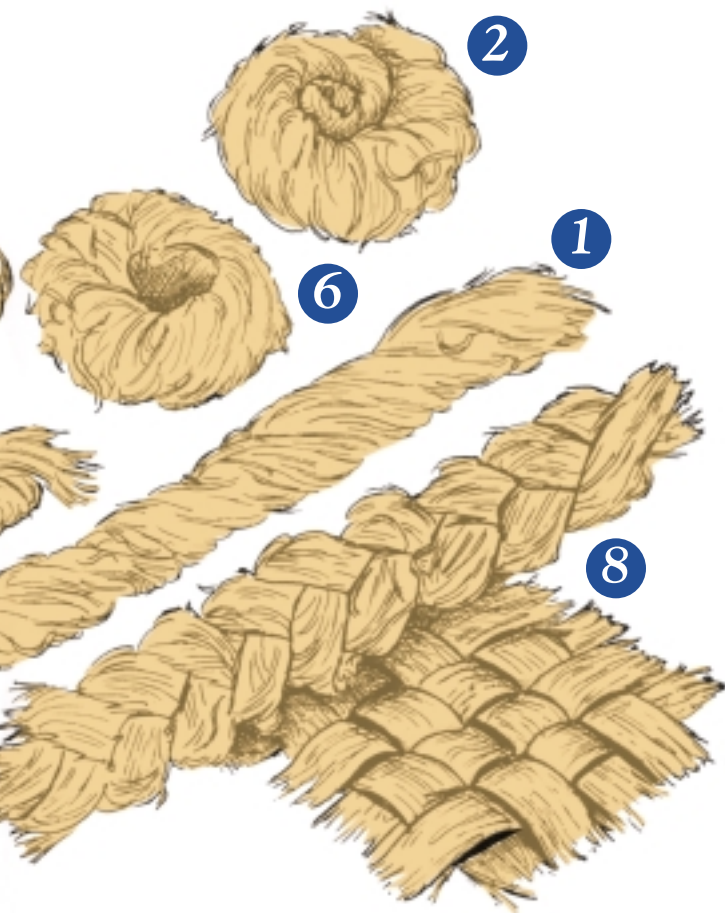
4 SHREDDED FILLO CANNOLI ROLLS

Fill with savory or sweet, cheesy, creamy or fluffy fillings.

1. Separate dough into 1" strands.
2. Moisten with oil, butter or margarine.
3. Wrap strands around greased cones or tubes.

Appetizer Appeal - Fill with cheesy mixtures, seafood salads, Mexican beef specialties, vegetable purees or pâtés or asparagus spears topped with hollandaise.

Delicate Desserts - Ideal holder for whipped cream, custard, ice cream, fruit fluffs.



5 SHREDDED FILLO KNOTS OR BOW TIES

Sensational as a crouton for salads or soup.

1. Separate dough into strands; cut into assorted lengths.
2. Moisten with oil, butter or margarine.
3. Lightly twist strands and tie in single knots, double knots or loops.

Custom Croutons - Season with assorted herbs and cheese before knotting. Serve on salads or soup.

Tea-Time Tidbit - Sprinkle with cinnamon sugar, orange sugar or streusel before shaping. Dip in chocolate for extra touch.

6 SHREDDED FILLO MINI CUPS

Makes an easy-to-fill bite size hors d'oeuvre or petit four.

1. Separate dough into strands approx. 1/2" wide & 6" long.
2. Moisten with oil, butter or margarine.
3. Twist strands together loosely.
4. Place one end of strand on cookie sheet and form a 1" circular donut shape.
5. Coil remaining end of strand on top of the base circle.

Bite Size - Fill with caviar, cheese spreads, dips, salsa, seafood or meat spreads.

Dessert Bites - Hold just a touch of whipped cream, jelly, pudding or chocolate.

7 SHREDDED FILLO WRAPS

Wrap any food from small appetizer tidbits to main dish entrees.

1. Separate dough into strands.
2. Moisten with oil, butter or margarine.
3. Press shredded fillo around item to be wrapped until covered totally and evenly.

Appetizer Surprise Packages - Wrap cheese cubes, cheese ball mixtures olives, meat cubes, seafood and meat fillings.

Entrée Ingenuity - Wrap fish fillets, chicken breasts, hot dogs or sausage and much much more.

8 SHREDDED FILLO BRAIDS & LATTICES

Beautiful topping for casseroles, pies, cobblers and more.

1. Separate dough into narrow strands.
2. Moisten with oil, butter or margarine.
3. Using 3 strands, loosely braid together... or overlap strands on casserole or dessert in a lattice design.

Pie Perfect - Top deep dish meat pies, chicken pot pies or seafood tarts.

Final Touch - Beautiful topper for fruit cobblers, scalloped apples or mincemeat pie.

9 SHREDDED FILLO ROLL-UPS

Spread with cheese, meat or fruit fillings; top with sauce, cream or syrup to serve.

1. Separate dough into strands approximately 2" x 6".
2. Pat into small rectangles.
3. Spoon filling on short end of rectangle, roll up jelly roll fashion.
4. Place seam side down on baking pan.

Main Dish Roll-Ups - Spread with any cheese filling meat filling (Mexican beef, Sloppy Joe) or seafood mixture. Serve topped with specialty sauce.

Desserts Rolls - Roll up fruit pie filling, sweetened cream cheese, chocolate fillings and more; drizzle with simple syrup, liqueurs, custard, whipped cream etc...

10 SHREDDED FILLO QUICK STEP (NOT SHOWN)

Tear shredded fillo into small pieces and use as a crust or topping or baked casseroles or desserts... or Spread shredded fillo evenly on an ungreased baking pan.

Moisten with oil, butter or margarine. Bake at 350° F for 10 minutes or until golden brown; stir occasionally. Use as a coating, filling or topping.

Shredded Fillo™ Dough



A Twist to Traditional Fillo!

Put something different and memorable on your menu.
Makes everything you bake delightfully light, crunchy and tasty.

ITEM	UPC	Case Pack	Pkg. Size	Case Cube	Case Wt.	Case Dimensions	Ti x Hi
<i>Athens Shredded Fillo Dough, Boxes</i>	72196-00200	12	16 oz	0.67	14#	14.75" x 11" x 7.13"	8 x 10
<i>Athens Shredded Fillo Dough, Plastic Wrap</i>	72196-00211	12	16 oz	0.56	14#	15.50" x 11.38" x 5.50"	10 x 10
<i>Athens Shredded Fillo Dough, Plastic Wrap</i>	72196-00201	4	5 lbs.	1.06	22#	22" x 17.94" x 4.63"	4 x 12

(K) Pareve



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