Fruit Idyll



I think I have said everything with this name, any additional word or any additional description is unnecessary for this fruit idyll. I like to use season fruit as much as I can and in all possible ways, so I have decided to show you one of my combinations.

INGREDIENTS FOR PASTRY :

180 g of cottage cheese (15 % fat)

1 package of baking powder

180 g of sugar

2 packages of vanilla sugar

400 g of flour

1 egg

1 egg white

70 ml of oil

FILLING :

300 g of milk spread

2 packages of vanilla sugar

2 spoons of vanilla extract

fruit as needed

(depends on fruit you want to use)

COATING AND TOPPING :

3 spoons of apricot jam

130 g of powdered sugar

4 spoons of lemon juice

PREPARATION :

1 . heat the oven to 180 degrees …

2 . wash and dry the fruit, if you use nectarines, peaches, apricots and plums as I did, cut them to slices and if you use berries, just wash them. Put the fruit aside …

3 . mix milk spread, vanilla sugar and vanilla extract with a spoon and leave the mixture aside to prepare the pastry …

4 . put all the ingredients for pastry into a bowl and make smooth, somewhat sticky pastry …

5 . put the pastry on a floured work surface, stretch it with your hands and form a roller, then cut the pastry to the size you want your cakes to have …

6 . form balls from the pastry you have cut and flatten them with your hands to the thickness of 1 cm (my pastry had the size of a palm when I flattened it and you can decide on your own which size you want to make – bigger or smaller)

7 . cover a big baking tray with parchment paper and line the formed cakes leaving some space among them as the pastry will grow during baking …

8 . press the middle with a spoon to get a small hole and an edge …

9 . fill the middle of the pastry with milk spread and line the fruit on it …

10 . put the Fruit Idyll into the heated oven for some 15 to 20 minutes, it depends on your oven (I baked the cakes for 20 minutes)

11 . coat the hot cakes with hot jam, and it is important to coat the edges well and the fruit lightly, just to make it look shiny …

12 . mix powdered sugar and lemon juice to get thick topping without lumps and pour one spoon of the topping on each cake, over edges and fruit …

13 . leave the cakes to cool, so that the topping hardens …

TIP :

Do not use frozen fruit because it releases a lot of liquid !!!

In winter days cinnamon goes extremely well with milk spread.

Put the Fruit Idyll into a box with a well- adhering cover and store it in the fridge during summer, so it does not go off.

If you store the Fruit Idyll properly (in a closed box, tray, etc…) you can enjoy it the following three days and it will be equally fine as on the first day.













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