

# Darren Purchase's Frozen Baklava Parfait

🕒 30 minutes  
Freeze minimum 4 hours  
or preferably overnight

👤 Makes 1 x loaf parfait  
Serves 6-8



## Ingredients

### Caramelised Almonds

- 50g caster sugar
- 30ml water
- 75g almonds

### Crispy Baked Filo

- 2 filo sheets
- 50g butter, cold melted
- 50g icing sugar

### Nougat Parfait

- 2 egg whites
- 140g honey
- 100g caramelised almonds
- 75g pistachios
- 80g crispy baked filo, broken up
- 50g dried apricot, chopped
- 500ml cream

## Method

1. Place the water, sugar and nuts into a saucepan and heat on medium, stirring constantly.
2. Stir the mix to evaporate the water, onto crystallisation stage and through to caramel.
3. Pour the coated caramelised nuts onto a silicone mat and leave to cool.

1. Brush the sheets of filo with the cold melted butter and dust them liberally with the icing sugar.
2. Place the sheets into an oven preheated to 170°C and bake for 12 minutes or until crispy golden brown.
3. Remove from the oven and leave to cool before breaking into pieces.

1. Whisk the egg whites, boil the honey and pour onto the egg whites. Whisk until cold and then fold in the dried fruit and nuts. Whip the cream to form semi peaks, and fold in gently to the mix.
2. Set into a tray, loaf tin or mould lined with cling wrap, and freeze.
3. Turn out once frozen (min. 4 hours) and cut with a sharp knife. Serve with vanilla custard, fresh raspberries, orange segments, candied orange zest and more crispy baked filo, or whatever you like!