

All about Fillo Dough



Fillo is a very thin unleavened dough used for making pastries such as baklava and börek in Middle Eastern and Balkan cuisines. Filo-based pastries are made by layering many sheets of filo brushed with oil or butter; the pastry is then baked.

Preparation

Filo dough is made with flour, water and a small amount of oil.^[11] Homemade filo takes time and skill, requiring progressive rolling and stretching to a single thin and very large sheet. A very big table is used, preferably with a marble top. If the dough is stretched by hand, a long, thin rolling pin is used, with continual flouring between layers to prevent the sheets from sticking to one another.^[3] In modern times, mechanical rollers are also used. Prior to World War I, households in Istanbul typically had two filo makers to prepare razor thin sheets for baklava, and the relatively thicker sheets used for börek. Fresh and frozen versions are prepared for commercial markets.^[3]

Uses

When using filo to make pastries, the thin layers are made by first rolling out the sheets of dough to the final thickness, then brushing them with oil, or melted butter for some desserts, and stacking them. This contrasts with puff

pastry and croissant doughs, where the layers are stacked into a thick layer of dough, then folded and rolled out multiple times to produce a laminated dough containing thin layers of dough and fat.

Filo can be used in many ways: layered, folded, rolled, or ruffled, with various fillings.

Some Items Made with Fillo

- Baklava – dessert made with layers of fillo, chopped nuts, and syrup or honey.
- Banitsa – A Bulgarian dish consisting of eggs, cheese and fillo baked in the oven.
- Börek – A savory fillo pie.
- Bougatsa – A type of Greek breakfast pastry.
- Bülbül yuvası – A Middle eastern dessert with pistachios and syrup.
- Bundevara – A Serbian sweet pie filled with pumpkin.
- Flia – An Albanian dish consisting of multiple crêpe-like layers brushed with cream and served with sour cream.
- Galaktoboureko – A dessert consisting of fillo and muhallebi.
- Gibanica – A Balkan dish made from fillo, white cheese, and eggs.
- Pastizz – A savory pastry from Malta filled with ricotta or mushy peas.
- Savory spinach pie – A Balkans' spinach pie.
- Tiropita – A Greek dish similar to Börek, filled with a cheese-egg mixture.
- Zelnic – A savory pie from the Balkans.
- Samosa- A smaller, Indian version of a pie, Borek or turnover.

Fillo dough comes in various thicknesses designated by a number. We use #'s 3, 4 and 7. Each thickness has a different use/application. Higher the # thicker the fillo! Also, fillo comes flat or in rolls. We have the ability to cut it to the dimensions a customer needs it to be. Typically, it is the size of a sheet pan.

Type	No	Micron (mm)
Fillo	no # 3	195
	no # 4	230
	no # 7	300

Flat Sheets



Our Retail 1# Package. #4 thickness

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