FOOD SERVICE

DONUTS, CAKES, AND COOKIES

kontos®

INTERNATIONAL PASTRY PUFFS (LOUKOUMADES)

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INTERNATIONAL PASTRY PUFFS (LOUKOUMADES)

FULLY-COOKED • WARM TO SERVE • READY IN MINUTES

Kontos Foods' Homemade International Pastry Puffs, are an extremely versatile dessert. With a little creativity, this classic Greek dessert becomes an International delight! Served as a plated-dessert, butler-passed, on a Viennese table, and even family-style.

As long-trusted purveyors of traditional Middle Eastern and Mediterranean foods, we partner with only the best manufacturers to offer you the finest products. Our reputation depends on it!

BAKE: *on a sheet pan in pre-heated 375°F oven for 10-minutes (shaking the pan after 5-minutes to bake on all sides).*

MICROWAVE: *for about 30 seconds.*

BEST RESULTS: *deep fry covered for approximately 2½ minutes.*

QUALITY GUARANTEED • QUALITY GUARANTEED •

The Kontos name will always be our guarantee of quality.

ITEM #	PRODUCT NAME	UPC CODE	EAN CODE	PACK WT	CASE PACK	CASE NET WT	CASE DIMENSIONS (INCHES)	CASE CUBE	CASE SHIP WT	PALLET PAT	PALLET CAP
71001	INTERNATIONAL PASTRY PUFFS	0-32394-71001-2	2-00-32394-71001-6	11 LB	1 / 11	11 LB	17.00 L x 12.25 W x 6.50 H	0.78	12 LB	10 X 8	80

GREEK DESERT COOKING DIRECTIONS
LOUKOUMADES (HONEY PUFFS)

OVEN METHOD

Preparation instructions for Frozen Pre-fried Loukoumades (Honey Puffs). For best results, thaw product place on a sheet pan and heat at 330F to 350F for three to four minutes. Exact time will depend upon oven style—standard, convection, toaster. The goal is to get them heated all the way through. Each oven is different. Product that is heated too long will develop a hard shell. Puffs are fully heated when all wrinkles are gone and hot in their centers.

FRYER METHOD

Preparation instructions for Frozen Pre-fried Loukoumades (Honey Puffs). For best results, thaw product and then warm in deep fryer for a minimum of 60 seconds. Depending upon the fryer temperature, it may take as much as 120 seconds to get them heated all the way through. Each fryer is different. Product that is heated too long will develop a hard shell. Puffs must be set in a double basket to submerge as they will float and not get heated evenly.

After heating, the best way to syrup the Honey Puffs is to toss them with syrup. One cup of syrup in a bowl, toss the Puffs for 30 seconds and plate using a slotted spoon. This method coats the Puffs with syrup and does not waste the syrup. As they sit on the plate a small pool of syrup should form, but the Puffs are already fully coated.

SIMPLE SYRUP NORMALLY USED:

- 2 cups sugar
- 1 cups water
- ¼ lemon
  (squeeze juice and then add the squeezed lemon to the syrup)
- cinnamon stick *(optional)*
- 3 cloves *(optional)*
- 8oz Honey

Stir sugar slowly stirred into 1 cup of boiling water. Bring to a boil and reduce heat. Cook until syrup thickens, about 30 minutes. Take off heat add honey and stir. (This is for a small amount of honey puffs). This makes approximately 16oz.

Garnish with cinnamon. It is optional to sprinkle crushed walnuts or sesame seeds as well

INTERNATIONAL PASTRY PUFFS

Greek - Loukoumathes
Immediately after heating, immerse in syrup, and dust with a light ground cinnamon. Serve warm.

French - Beignets
A popular square dessert served in new orleans, but in some areas of france they are also made round. Right after heating dust with confectioner's (IOX) sugar. Serve warm with strong coffee.

Italian - Zeppole
Immediately after heating, cover with confectioner's (IOX) sugar. Serve warm. For effect, serve in white paper bag.

Italian - Struffoli
A popular decorative dessert served during the christmas holidays. Heat and dredge in syrup. Pile high (forming a pyramid) in a decorative bowl/platter and then sprinkle with multicolored (round) sprinkles. Serve warm.

Mexican & Southwestern - Sopaipillas
Immediately after heating, dust with sugar and ground cinnamon. Serve warm.

Indian - Guiab Jamun
Heat and immerse in simple syrup flavored with ground cardamom and rosewater (for the rosewater, you may substitute saffron).

Lebanese - Awwamaat
Immediately after heating, immerse in simple syrup flavored with orange water and rosewater. Serve warm.

Turkish - Lokme
Immediately after heating, dredge in syrup, and then dust with confectioner's (IOX) sugar. Serve warm.

South American - Bunelos
After heating, dredge in a simple syrup, made with brown sugar, cinnamon, guava, anise, and water. Alternative spellings and/or pronunciations are bermuelos and bunyols.

Hawaiian & Portuguese - Malassada
Heat and then dust with a mix of confectioner's (IOX) sugar and ground cinnamon. Serve warm.

Note: Kontos Honey Puffs may also act as a substitute for Profiteroles (pate a choux or choux pastry balls that are cream filled) when creating Croque-en-Bouche (Croquembouche).