

Bride's Fingers

This is a type of briouat. Originally a traditional Moroccan wedding food, the recipe gets its name from the fact that they would be rolled thin and long like a bride's finger. There are several kinds, all of which are ingredients wrapped in waarka dough which is similar to phyllo (or filo) dough. Briouats can be triangular or thin cigar shapes. They tend to be savory and flavorful. Most have become street food, though several, like Bride's fingers, were originally traditional dishes at feasts.

I love peasant and street food. We serve quite a bit of it in the restaurant. These dishes tend to be hearty, rich, flavorful and healthier than the dishes eaten by the aristocracy and the wealthy.

Since even I don't have enough time to make waarka or phyllo dough from scratch, and the point of this cookbook is to give you recipes that are relatively easy and fast OR that can be prepared ahead of time, we will use store bought phyllo dough for this and other recipes.

1/2 bunch	fresh cilantro, chopped
1 Tbs	garlic, minced
1/2 tsp	salt
1/8 tsp	cumin, ground
1 Tbs	fresh lemon juice
1 Tbs	extra-virgin olive oil
1 each	tomatoes, peeled, seeded and fine diced
1/2 lb	uncooked shrimp, cleaned, tailless and chopped
2 each	green chile peppers, roasted, seeded and chopped
4 each	phyllo pastry sheets defrosted according to package directions
As needed	butter or ghee, melted

Procedure

- **TO MAKE THE FILLING:** Sauté the cilantro, garlic, salt, cumin and lemon juice in the olive oil for 3 minutes. Use high heat and stir with a wooden spoon.
- Lower heat and add the tomato. Cook for 7 minutes more.
- Add the shrimp and green chiles. Cook for 3-4 minutes more. The shrimp should be pink.
- Cool for 1½ hours.
- **TO ROLL THE FINGERS:** See the Shaping Phyllo Dough for Briouats instructions and diagram in this section.
- **COOKING:** Bake Bride's Fingers in a pre-heated oven at 450°F for 20 minutes. Turn pan front to back and bake for 5 to 10 minutes more, or until nicely browned. Serve hot.
- **NOTE:** Traditionally these are fried in oil, always an option. If you chose to fry, coat the outside with beaten egg yolk to hold the Finger closed instead of using butter or ghee.

Yield: approximately 8 fingers