

Fate Crispy Nests

Ingredients

200g Fate Low Protein All-Purpose Mix

½ teaspoon salt

300ml water

Few drops suitable gravy browning (optional)



Method

1. Place the Fate All-Purpose Mix into a bowl and stir in the salt. Measure the water and add two or three drops of gravy browning (optional). Add the liquid all in one go to the bowl. Mix together with a large fork or wire whisk until smooth and thickened.
2. Place a shallow frying pan onto a medium heat to gently warm through. Do not make it too hot and do not add any oil. Then take it off the heat again. Straight away, while the pan is still warm, take about two tablespoons of the mixture, and place it into the middle of the pan. Using the back of a metal tablespoon quickly spread the mixture evenly over the surface of the pan.
3. Try to make the wrapper as thin and as even as possible. Aim for about 20cm (8" in diameter). You will notice that the heat from the pan will start to cook the wrapper as you are spreading the mixture over the surface. This is why you don't want the pan too hot as it would cook the mixture before you have time to spread it thinly, the pan just needs to be warm enough to hold the mixture in place.
4. Put the pan back onto the heat, and leave to cook over a gentle heat for about 1 minute. Do not brown. You will know that it is ready when the wrapper shrinks slightly from the edge and it can easily be lifted from the pan. Turn the wrapper over and cook for a few seconds more. Remove from the pan to a plate to cool.
5. Place a large empty can onto a baking tray. Take a small piece of foil and press it over the top and half way down the can. Drape a wrapper over the can. Press down gently so that the wrapper is secure and makes a good shape around the side of the can.
6. Place into a preheated oven at Gas Mark 5/190°C/375°F for about 10-15 minutes until dry and crisp. The edges should be golden brown.
7. Take from the oven, and leave to cool for a couple of minutes. Twist the can loose and remove it and then gently take off the foil. Place on a wire rack to cool completely.
8. Serve as a holder for any low protein vegetable mixture.

This recipe was provided by Fate

