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The Light of Home

Lavashak Recipe

Make your own homemade fruit rolls!

Like Nur, author Diana Farid's uncle makes homemade fruit rolls.
This recipe is inspired by his recipe.

Ingredients:

- 20 plums (or about 2 pounds of your favorite fruit)
- 1 tablespoon lemon juice
- 1/2 cup water



Directions:

1. Wash plums and remove pits.
2. Place plums, water, and lemon juice in a non-stick pot. Cook on low for 30 to 45 minutes until plums have cooked all the way through and very little juice is left. Make sure to stir every so often so that the bottom does not stick, and crush larger pieces until the mixture reaches the consistency of a stew.
3. Let the mixture cool and then strain the mixture into a bowl. If you prefer, you can puree the plums with a food processor.
4. Line a rimmed baking sheet and its rims with parchment paper. Pour the mixture onto the lined baking sheet to about 1/8 to 1/4 inch thickness.
5. Cover the sheet with cheese cloth and place it in the sun for 2-4 days. Or you can put it in the oven at 140 degrees for 6-8 hours.
6. Once the lavashak has dried, is no longer sticky and has a smooth surface, use a knife or pizza cutter to cut the fruit sheet into strips. To store, roll the strips in their parchment paper. Store in an airtight container, in the refrigerator or freezer.