Only the word gets watered in your mouth! I still remember when big bags of fruit arrived at the house in Iran. Then I really saw huge dishe filled with purées that were placed outdoors in the hot sun to dry, it was lavashak. The dishes were of course protected against flies etc. - I was pretty impatient and wanted it to dry faster 😊 Then I came to Sweden and there was no lavashak which is an extremely popular “sweet” in Iran. Nor was there hot sun! In Iran was our house and garden surrounded by high walls but in Sweden the houses have no walls and there is a possibility for birds or other animals to access the lavashak! No – if there was going to be any lavashak, I had to come up with other ways to do it. We had a plum tree before that yielded a lot of fruit one year, then I made the first attempt to make lavashak, have practiced it all since then and I have become pretty good at it 😊 (if I may say that myself).
It's almost addictive! The recipe is incredibly simple, what you do is to wash the fruit properly, then take out the seeds, cut it roughly and throw everything in a saucepan. Mixer is handy to have - then pour it on silicone or parchment paper and allow it to dry in 70 degree (Celsius) heat for 5 - 6 hours. Then just enjoy it all.

The limit is the imagination actually, you can make really nice Christmas gift already if you want to give something beyond the ordinary to anyone who has everything! Lavashak can be made on all the kernel fruits. Imagine apple, watermelon, etc mixed with cinnamon, cardamom, rose water - yes you have to let the imagination flow.

Come to think about making Lavashak the other day when I needed more space in the fridge and the fruit needed to give way! It became a mixture of fruits this time: apple, apricots, peaches and wild peaches. You can also make fruit leather with watery fruits such as different kind of melons, it only takes longer time to dry.

Uses are many! A great way to "conserve" the fruit. Another is using it as an extra seasoning in different dishes etc. As sweet of course. Try to have small pieces in ice cream, for example.

Basis for Lavashak

About 2 kg of kernel fruit
1 dl of water
A pinch of salt

Do not peel the fruit! Wash, seed and cut into pieces.
Put all in a saucepan and pour over the water.
Let it simmer slowly until the fruit has become really soft (about 30 minutes).
Drain and save the liquid.
Process it really well in a mixer.

Taste and adjust seasoning, more salt or sugar and/or other kind of seasoning such as cinnamon, rose water, etc.
Dilute it with the liquid if the puré is too thick.
Then pour the fruit puré on a silicon or parchment paper.
Smooth it with an icing spatula.
Let it dry in 70 degree (Celsius) oven heat for 5 hours.Check it once in a while!
The Lavashak is ready when it can be peeled off the silicone or parchment paper very easily and you can see no sign of “wetness”..
Cut it into strips, put on parchment paper that you cut in the same size, roll and store in a airtight container or plastic bags. Lavashak lasts for a long time! With us, there is no risk - I'll eat it all up pretty soon!
Remaining liquid that is not used can be mixed with natural yogurt, for example! So tasty!
Noshe Jan!