

Recipe Name: Baklava Recipe - Turkish Traditional Sweet
Diet Type:
Course: Dessert
Cuisine: Mediterranean
Quantity:



Ingredients

Ingredient	Quantity
• 1 lb Phyllo dough	8
• 1 cup Butter (unsalted)	
• 2 cups Walnuts	
• 2 cups Pistachios	
• 1+1/3 cups Sugar	
• 2 teaspoons Cinnamon Powder (Dalchini)	
• 1/4 teaspoon Cloves (Laung) - powdered	
• 1 cup Honey	
• 2 teaspoons Lemon juice	
• 1 cup Water	
• 3 tablespoons Vanilla Extract - or if available orange blossom	

Preparation

- To begin making the Baklava Recipe (Turkish Traditional Sweet), we first have to make sure we have all the ingredients ready.
- Baklava Recipe procedure is split into 4 parts.
- Method to prepare the fillingCoarsely chop the walnuts and pistachios in a food processor (it will be a coarse powder).
- Set aside 4 tablespoons of chopped nuts for decoration.
- Put the remainder in a bowl and combine it with 1/3 cup of sugar, cinnamon and cloves and mix well.
- Method to assemble and bake the baklavaHeat the oven to 170 C.
- Lay a dish towel on a work surface and sprinkle it lightly with water.
- Unroll the sheets on the towel and then cover it with a second damp dish towel.
- When unrolling them I encountered several cracks and cuts in the sheets.



- Do not panic.
- They are easily repairable and do not make any difference in the dessert.
- Melt the butter in a small saucepan.
- Brush a baking pan with melted butter.
- Take a sheet of phyllo dough and carefully spread it in the pan, folding the sheet in such a way that it fits the pan.
- Brush the layered sheet with butter and gently press it into the sides and corners of the pan.
- Lay another sheet on top and brush with butter.
- Do the same with the third of the sheets.
- Once 1/3rd of the sheets have been used, scatter half the nut filling over the layers.
- Layer another third of the sheets in the pan, buttering each one and pressing into the corners and sides.
- Then sprinkle the remaining half of the nut mixture evenly.
- Layer the last third of the sheets, buttering them and pressing them the same way as we did with the previous layers.
- Brush the top most layer thoroughly with butter and pour any remainder of butter on the top (I ignored the last step.
- I did not pour the remaining butter.
- I just liberally brushed the top layer and left it at that).
- So essentially, after every 3 sheets there is a nut layer for the baklava recipe.
- Do not press down too much when cutting.
- Pour in the honey and stir to combine.
- Boil without stirring until the syrup reaches a soft ball consistency (239F on a candy thermometer).
- To test the consistency without the thermometer, take the pan off the heat and dip a teaspoon in the syrup.
- Let it cool down for few seconds and then drop it in a small cup with water.
- Once dropped into the water, it should form a mushy ball.
- Remove the syrup from the heat and let it cool down to lukewarm temperature.
- Now add the juice from a lemon and the orange flower water or the vanilla extract.
- Method to finish the baklava recipe Remove the pan from the oven and immediately pour the cooled syrup evenly over the hot baklava.
- Pouring the syrup over the hot pastries enables better absorption.
- Let the pastries cool.
- Cut through the marked lines completely and carefully lift the pastries with a spatula and arrange them on a plate.
- Sprinkle the top with the reserved nuts and serve the Baklava for your parties and special occasions.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

