



BAKLAVA

Serves 2

One of the most famous sweet treats from the Mediterranean! Baklava is recipe created over centuries of travel between countries from Iran to Bulgaria with the Greek playing an important role in its creation and the form that we all know and love it in today.

Ingredients:

1 sheet of pre-made filo pastry (not frozen)
200g salted butter
200g walnuts (plus 4 walnuts extra for topping)
10g powdered sugar
Olive oil
A pinch of ground cinnamon
A small pinch of ground cloves
1.5 tablespoons of fine breadcrumbs

To make the syrup:

150ml cold water
150g white granulated sugar
1 teaspoon liquid honey
Wedge of lemon
1 clove
1 small cinnamon stick

Preparation:

- Place the saucepan on a high setting on the hob and combine all syrup ingredients. Stir until the sugar dissolves and the liquid starts to turn clear. Place the lid on the saucepan and remove from the heat. Leave the saucepan with the lid on in a cool (not the fridge!) until you need it a little later
- Heat the oven to 180 degrees C and set a sheet of phyllo out, lengthways on a clean table/chopping board
- Finely chop the walnuts and place them into a mixing bowl with the powdered sugar, 100g butter, ground cinnamon, ground cloves and breadcrumbs and stir thoroughly
- Over a medium heat, melt 100g of butter in a pan and remove from heat once all lumps have gone

- Approximately 5cm up from the base of your phyllo sheet, spoon the walnut mixture from the bowl into a line going from left to right
- Take the edge of the phyllo that's closest to you at the bottom and gently lift it over the line of filling, tucking it in just underneath to make it secure. Using a pastry brush paint the roll lightly with melted butter and roll your phyllo with the filling one complete turn. Coat the roll lightly with butter and roll again, continue like this until the whole sheet has been completed. Seal with butter and place on a deep baking tray. Using a sharp knife slice your baklava roll into pieces around 4cm in length
- Place your baklava roll into the preheated oven and bake for around 30mins or until the phyllo is a dark, golden brown
- Once the baklava is baked remove from the oven and set, still in the baking tray, onto a surface. Retrieve your pan of syrup and a mesh strainer. Pour the syrup through the strainer and into the pan making sure that the baklava is covered
- Cover the baking tray with a clean cloth and leave to rest for at least 20 minutes before serving. Sprinkle with crushed walnuts and serve with a cup of coffee

You are now going to cut your slice pattern into the baklava. Take your sharp knife and score into the baklava approximately halfway deep into the dish, you don't want to cut it all the way through.

When you've scored the pattern you would like place the baklava on a tray in the middle of your pre-heated oven and bake for 1 hour, until the pastry is golden brown.

When your baklava is ready to be removed from the oven get your saucepan of syrup and your strainer. Remove the baklava from the oven and place on a heat resistant pad on a table. Take the lid off the saucepan and pour the syrup through the strainer all over the baklava making sure that it is well covered.

When all the liquid has been poured, cover the baklava with a tea towel and leave it to sit in a cool place for 2 hours.

Make some coffee, remove the tea towel and marvel at the fact that you have just made a baklava. That is actually really awesome!