



DETAILS

A traditional Lebanese dessert everyone will feel nostalgic about. Phyllo pastry, ground nuts and sugar syrup. A prep time of 30 minutes and cook time of 30 minutes.

INGREDIENTS

1. 1 pack phyllo/ baklava sheets
2. 2 cups melted butter
3. ½ cup powdered sugar
4. 1 cup ground cashew nuts
5. 1 cup water
6. 2 ½ cup sugar
7. 2 teaspoons rose water
8. 1 teaspoon lemon

METHOD

Syrup

- In a small deep pot, dissolve the sugar and water over medium heat.
- Once dissolved, increase the heat to high, and let the mixture boil (without stirring) until white foam appears on the surface.
- Reduce the heat to medium-low and boil for 20 minutes. After which, add the lemon.
- Keep boiling at medium-low until the sugar and water transform into a thick syrup texture.
- Add the rose water and boil for 1 minute, still at medium low and remove from the heat.

Baklava

- Preheat your oven to 200 degrees Celsius.
- Dampen a kitchen towel.
- Open the pack of phyllo sheets and wrap them up in the damp kitchen towel.
- Take a phyllo sheet and place it on a work surface.
- Place a barbecue skewer 1 cm from the edge of the sheet (the longer side).
- Spoon 2 tablespoons of the ground cashew nut and sugar mixture along the skewer.
- Flip over the edge of the sheet and start rolling with the skewer still intact, to form a long 'spring roll'.
- Hold the end of the skewer and the middle of the rolled baklava and place in a rectangular baking tray.
- Cover the rolled baklava with a damp kitchen towel as well.
- Repeat the above until your baking tray is full.
- Take a pizza cutter and cut the rolled baklava into bite-sized fingers.
- Brush the baklava with melted butter 3 times.
- Place in the oven for 30 minutes.
- Remove from the oven and let the baklava cool for 5 minutes.
- If you like your baklava crunchy, brush the baklava with syrup just before serving, 3 times.
- If you like your baklava soft, brush the baklava when hot with syrup, 5 times.