



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

Traditional Baklava

Recipe adapted from Helen Zachario and Georgia Vasila

Makes about 30 to 35 pieces

For the filling:

- 8 cups (2 pounds) walnuts
- 3 tablespoons sugar
- 2 teaspoons ground cinnamon
- ¼ teaspoons ground cloves

For the pastry:

- 1 pound (4 sticks) butter, melted
- 1 pound fresh or frozen (and thawed) phyllo dough
- 2 cups water
- 3 cups sugar
- 1 tablespoon lemon juice
- 1 cinnamon stick
- ¼ cup honey

1. Preheat the oven to 350°F. In a food processor, pulse the walnuts with the sugar, cinnamon, and cloves until finely chopped. Set aside.
2. Cut the phyllo so it fits into 12 x 16-inch baking pan, reserving 10 of the cut sheets for later. Brush the bottom of the baking pan with melted butter and cover with a sheet of phyllo; cover with another sheet and brush with butter. Continue until there are eight layers.
3. Sprinkle the top layer of phyllo with 1½ cups of the nut filling. Cover with one sheet of phyllo, brush with butter and cover with a second sheet of phyllo. Sprinkle 1½ cups filling over the top. Repeat until all of the filling is used up.
4. Cover with the remaining phyllo, one sheet at a time, buttering each as you go. With a sharp knife, cut the baklava into 1½-inch strips lengthwise, then diagonally about 1½ inches apart. Bake for 45 to 60 minutes or until golden-brown.
5. Meanwhile, in a sauce pan, bring the water, sugar, lemon juice and cinnamon stick to a simmer. Cook for 20 minutes, remove from heat and stir in the honey. Let cool.
6. While the baklava is still hot, carefully drizzle the cooled syrup over the top. Let the baklava sit, covered, at room temperature for at least one day before serving. The baklava can be refrigerated for up to three days.