

Baklava (Desserts)



Preparation

Melt the butter in a small pan. Coarsely chop the nuts by hand or in a blender and then mix in the grated zest of one lemon and the cinnamon. Now layer the dessert. Start by ensuring that each sheet of filo pastry is brushed with melted butter. Put 3 sheets of filo pastry on the bottom of a greased baking tin, then add a thin layer of chopped nuts, a layer of filo pastry, then a thick layer of chopped nuts, another layer of filo pastry, a thin layer of chopped nuts and 7 layers of filo pastry. Then cut into squares and then into triangles (see photos). Bake for 30 minutes at 180°C. While the cake is baking, prepare a syrup with water, sugar and honey. Bring it to the boil, and let it simmer for 10 minutes. When the pastry is cooked, take it from the oven and immediately pour all the syrup into the baking tray, flooding the cake while it is still boiling! Wait for it to cool completely and serve with a glass of water.

Tips

We advise you to slightly soften the filo pastry using some damp kitchen paper to dab it so as to allow the moisture to penetrate the pastry.

Trivia

Some hypotheses suggest that baklava has its origins in ancient Mesopotamia and has even been cited in cookbooks of the time.

Information

Preparation 60 minutes

Total Time 30 minutes

Serves X Serves 8 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Filo pastry (1 packet)

Almonds 200 grams (Peeled)

Walnut 200 grams (Shelled)

Pistachios 200 grams (Shelled)

Butter 200 grams

Sugar 800 grams

Honey 200 grams

Cinnamon (½ a teaspoon)

Lemon 1 gram (Zest)

Water 1000 millilitres