

ContentMail Presents
Recipe of the Day - February 6, 2001
Baklava

Submitted by: Maria E.

This is a Greek recipe that I got from a friend. It's extremely rich and sweet and it's one of my favorites for its unique taste and texture. It is rather time consuming to make, but worth the effort. I don't suggest trying to make the pastry sheets from scratch, though. Just buy the pre-made ones!

Ingredients:

14-16 pastry sheets
1 cup roasted almonds, chopped fine
1 cup walnuts, chopped fine
2 cups honey
1 cup granulated sugar
1 cup water
1 tbsp grated orange rind
1 tsp powdered cinnamon
1 cup sweet butter

Directions:

Mix the nuts together and set aside.

Boil the honey, sugar, water, orange rind, and cinnamon over low flame for 10 minutes and set aside. Reserve 1 cup of this syrup for the last step.

Melt the butter and set aside.

Grease a shallow baking pan and line with 4 pastry sheets, brushing each one with butter. Extend sheets over the rims of the pan. Spread ½ cup mixed nuts evenly over sheets. Sprinkle them with some of the syrup and melted butter. Cover with 2 pastry sheets, brushing each one with butter. Repeat procedure 3 times. Cover the last layer of nuts, syrup and butter with the 4 remaining sheets, brushing each with butter.

Press the pastry sheets firmly against the rim of pan and trim with a sharp knife if needed. Score top of pastry sheets into approximately 1 ½" x 3" pieces. Brush the top with the remaining butter.

Bake in a pre-heated 350 oven for about 45 minutes or until the top becomes golden brown. Remove from oven and let stand for 1 hour. Reheat the syrup. Cut the scored pieces through and pour the syrup over the top of all of the pieces.

Make this the day before you intend to serve it.

Keeps 2-3 weeks in a cool place.