



## Middle Eastern Nut-Filled Multilayered Pastry (Baklava)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



132 kcal

DESSERT

### Ingredients

- 1 pound blanched almonds and or any combination, finely chopped or coarsely ground ( 4 cups)
- 6 inch cinnamon
- 2 tablespoons plus light
- 1 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 2 tablespoons juice of lemon
- 1 pound sheets dough ( 24 sheets)

- 0.3 cup sugar
- 1 cup vegetable oil melted (2 sticks)
- 1.5 cups water

## Equipment

- frying pan
- oven
- knife
- baking pan
- candy thermometer

## Directions

- To make the syrup: Stir the sugar, water, lemon juice, and if using, the corn syrup, cinnamon sticks, and/or cloves over low heat until the sugar dissolves, about 5 minutes. Stop stirring, increase the heat to medium, and cook until the mixture is slightly syrupy, about 5 minutes (it will register 225 degrees on a candy thermometer). Discard the cinnamon sticks and whole cloves.
- Let cool.
- Combine all the filling ingredients.
- Preheat the oven to 350 degrees. Grease a 12-by-9-inch or 13-by-9-inch baking pan or 15-by-10-inch jelly roll pan.
- Place a sheet of phyllo in the prepared pan and lightly brush with butter. Repeat with 7 more sheets.
- Spread with half of the filling. Top with 8 more sheets, brushing each with butter. Use any torn sheets in the middle layer.
- Spread with the remaining nut mixture and end with a top layer of 8 sheets, continuing to brush each with butter. Trim any overhanging edges.
- Using a sharp knife, cut 6 equal lengthwise strips (about 1 3/4 inches wide) through the top layer of pastry. Make 1 1/2-inch-wide diagonal cuts across the strips to form diamond shapes.
- Just before baking, lightly sprinkle the top of the pastry with cold water. This inhibits the pastry from curling.

- Bake for 20 minutes. Reduce the heat to 300 degrees and bake until golden brown, about 15 additional minutes.
- Cut through the scored lines.
- Drizzle the cooled syrup slowly over the hot baklava and let cool for at least 4 hours. Cover and store at room temperature for up to 1 week. If the baklava dries out while being stored, drizzle with a little additional hot syrup.
- VARIATIONS
- Instead of brushing each layer of phyllo with butter, cut the unbaked baklava into diamonds all the way through, drizzle with 1 cup vegetable oil, and let stand for 10 minutes before baking.
- Using the almonds and cardamom in the filling: Omit the lemon juice and cinnamon from the syrup and add 1/4 cup rose water or 1 tablespoon orange blossom water after it has cooled.
- For the filling, use 2 cups blanched almonds, 2 cups unsalted pistachios, 1/4 cup sugar, 1 teaspoon ground cardamom, and 1 teaspoon ground cinnamon. Crush 1/4 teaspoon saffron threads and let steep in 3 tablespoons of the melted butter for 15 minutes and use to brush the top sheet of phyllo.
- The World of Jewish Desserts, by Gil Marks
- Simon & Schuster

## Nutrition Facts



■ **PROTEIN 10.45%**
■ **FAT 56.08%**
■ **CARBS 33.47%**

### Properties

Glycemic Index:3.81, Glycemic Load:3.58, Inflammation Score:-2, Nutrition Score:4.9482608540389%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 8.6g (13.23%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 9.94g (3.61%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 64.58mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin E: 3.11mg (20.73%), Manganese: 0.34mg (16.93%), Magnesium: 35.99mg (9%), Vitamin B2: 0.13mg (7.83%), Copper: 0.14mg (7.24%), Phosphorus: 70.28mg (7.03%), Fiber: 1.61g (6.45%), Vitamin B1: 0.09mg (6.21%), Selenium: 3.36µg (4.81%), Vitamin B3: 0.96mg (4.79%), Iron:

0.84mg (4.66%), Folate: 17.45µg (4.36%), Calcium: 33.95mg (3.4%), Zinc: 0.45mg (2.98%), Potassium: 94.35mg (2.7%), Vitamin K: 2.63µg (2.51%)