Foods 11-12(A) 2017

**BAKLAVA TRIANGLES**

One recipe per unit (makes 12 pieces)

150 mL walnuts

75 mL slivered or sliced almonds

15 mL berry sugar (superfine or caster sugar)

100 mL white/granulated sugar

100 mL water

10 mL honey

5 mL lemon juice

f.g. ground cloves (to taste – a strong flavour)

7 mL ground cinnamon

3 sheets phyllo pastry

40 mL butter or margarine (unsalted or salted), melted

1. Preheat oven to 375ºF. Cover a baking sheet pan with foil and lightly grease with butter or margarine. Alternatively, use parchment paper if available.
2. **Finely** chop the walnuts and almonds. In a medium bowl, mix together the nuts and berry sugar (15 mL).
3. In a small saucepan (pot), mix together the white/granulated sugar, water, honey, lemon juice, cloves and cinnamon. Bring to a boil over high heat and boil for 10 minutes or until it is the consistency of runny honey. (Reduce heat if it looks like it will boil over or burn!) **Stir often.** If the syrup cooks **TOO** long, it may become brittle upon cooling.
4. Remove the sugar syrup from the heat and pour over the nut mixture. Mix well with a wooden spoon. Allow to sit for a few minutes to cool slightly.

**\*\*NOTE: Be very careful not to get hot sugar syrup on your skin!**

1. Cut phyllo pastry into 4 strips, **lengthwise**. Remember that phyllo pastry is very fragile and must be kept covered at all times until you are ready to use it, to prevent drying out. Work with only 1 or 2 strips of pastry at a time.
2. Lightly brush each strip with melted butter or margarine. Using teaspoons, place 1/12th of the filling on one end of each strip. Fold as demonstrated to form triangles. Each student should practice folding at least 1 or 2 triangles.
3. Place pastries on prepared pan and lightly brush the top of each with melted butter or margarine.
4. Bake for 10-12 minutes or until golden brown. Serve warm or cold.



\*Note - Traditional baklava is layered in a square or rectangular cake pan and then cut into triangle or diamond shapes before baking. These triangle “packets” are more portable and easier to eat as a “finger food.”