



Lacy's traditional baklava

Inspired by myalbanianfood.com

Ingredients:

36 filo pastry sheets

1 Lb. (500 g) walnuts

7 oz. (200 g) melted butter

1 tsp ground cinnamon

8 oz. (220 g) sugar

1 cup (220 mL) water

6 oz. (165 g) honey

Instructions:

1) Make the honey syrup

Combine honey, water and sugar in a saucepan and bring to a boil while stirring continuously. Once the sugar has dissolved, boil on medium heat for five minutes before moving to the side to cool.

2) Make the filling

Mix ground walnuts and cinnamon together and set aside.

3) Prepare the pastry

Cut pastry sheets to match the dimensions of your baking tray — your tray should be about 12" x 8" and 2.5" deep (30 cm x 20 cm and 6 cm deep). Cover sheets with a damp tea towel to keep the pastry moist.

4) Create the baklava

Brush the sides of the baking tray with melted butter. Butter one pastry sheet and lay into the pan. Repeat this until you have eight layers of sheets. Sprinkle about 1/4 of the walnut and cinnamon mixture over the pastry.

Butter and layer four more sheets, then add another 1/4 of the nut mixture — repeat these steps two more times. Butter and layer the remaining eight sheets of pastry, coating the top with butter, too.

Cut the baklava into your preferred serving size. If you'd like to achieve the traditional diamond baklava shape, cut four rows down the length of the tray, then cut diagonally across.

5) Bake

Preheat the oven to 320° F (160° C) and cook for one hour and 15 minutes. Check every five minutes after the first hour to ensure cooked, removing only when the pastry is gold and crispy.

6) Coat and cool

Pour the syrup over the baklava immediately after removing from the oven (you should hear sizzling). Let set for four hours before serving.