



# ! GREECE

## Baklava

Serving Size: 1 Piece Baklava; Calories 367; Total Fat 9g; Sodium 397mg; Sugars 4g; Dietary Fiber 2g; Protein 30g

### Ingredients:

- 16 oz phyllo dough, thawed by package instructions
- 1 1/4 cups unsalted butter (2 1/2 sticks), melted
- 1 lb (about 4 cups) walnuts
- 1 teaspoon ground cinnamon
- 1 cup granulated sugar
- 2 tablespoons lemon juice
- 3/4 cup water
- 1/2 cup honey

### Equipment Needed:

- Food processor
- 9x13" baking dish
- Medium saucepan
- Medium mixing bowl

### Prep Time

1 hour

### Total Time

2 hours 15 min

### Servings

30



### Instructions:



1. Trim thawed phyllo dough to fit baking dish. Trim one stack at a time then cover with a damp towel to keep from drying out.



2. Butter the bottom and sides of the baking dish.

# Baklava

## Instructions Continued:



3. In a saucepan, bring sugar, honey, lemon juice, and water to a boil over medium-high heat, stirring until sugar is dissolved.



4. Reduce heat to medium-low and boil for an additional 4 minutes without stirring. Watch to ensure it doesn't boil over. Remove from heat and let cool.



5. Preheat oven to 325°F. Chop walnuts with a knife (or use a food processor) until finely chopped.



6. In a medium mixing bowl, combine walnuts and cinnamon.



7. Working one phyllo dough sheet at a time, place 10 dough sheets into the baking dish, brushing each sheet with melted butter.



8. Spread 3/4 cup of nuts over phyllo dough.



9. Add 5 more phyllo dough sheets over nuts, buttering each one.



10. Add another 3/4 cup of nuts. Repeat steps 9-10 four more times.



11. Finish with 10 layers of buttered phyllo dough sheets.



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## Instructions Continued:



12. Cut baklava into 1 1/2" wide strips.



13. Then, cut diagonally to form diamond shapes.



14. Bake for 1 hour and 15 minutes, or until golden brown.



15. Remove from oven and immediately spoon cooled syrup over the hot baklava. Let cool, uncovered at room temperature.



16. To serve, garnish with chopped nuts or a drizzle of melted chocolate. Store covered at room temperature.



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