

Baklava

This recipe for exceptionally light and flaky baklava comes from Poulos's friend Sophie Davos.

PREP AND COOK TIME: About 1³/₄ hours

MAKES: About 3 dozen pieces

NOTES: If the filo dough is frozen, thaw it in the refrigerator for at least a day before using; if you rush this step, the filo may crumble. You can make the baklava up to 1 week ahead; cover and store at room temperature.

- 1 cup sugar
- 1 cup coarsely chopped almonds
- 1 cup coarsely chopped walnuts
- 1 tablespoon ground cinnamon
- 1 pound filo dough (see notes)
- Whole cloves (optional)
- Spiced syrup (recipe follows)
- 1 cup unsalted butter, melted and skimmed of white foam, for brushing filo


Prep steps:

1. Preheat oven to 325°.
2. In a blender or food processor, whirl ¹/₂ cup sugar with the almonds and walnuts just until finely ground (don't overprocess or mixture may turn into nut butter). Pour into a bowl and stir in remaining ¹/₂ cup sugar and the cinnamon.
3. Unroll filo dough and cover with plastic wrap. Follow directions (opposite page), keeping filo covered as you work so it doesn't dry out.

Make the spiced syrup:

In a medium pan, mix 2 cups sugar, 1 cup water, 3 tablespoons honey, 2 tablespoons lemon juice, and 1 cinnamon stick (about 3 in. long). Cook, uncovered, over medium heat, stirring occasionally, until mixture is reduced to about 1³/₄ cups and has the texture of light syrup, 15 to 20 minutes. Let cool to lukewarm, stirring occasionally, 15 to 25 minutes. Discard cinnamon stick.

Per piece: 196 cal., 45% (88 cal.) from fat; 2.1 g protein; 9.8 g fat (3.6 g sat.); 26 g carbs (0.6 g fiber); 63 mg sodium; 14 mg chol. ●



This flaky pastry is a sweet way to end the meal, no matter what your tradition may be