



## Baklava with Honey Syrup

Ingredients (serves 24)

Unsalted butter ..... 200-250g  
 Filo pastry ..... 500g  
 Castor sugar ..... 110g  
 250g pistachio, 250g almonds  
 1 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 40 whole cloves (optional)

### Honey Syrup

Castor sugar ..... 1 1/2 cups (330g)  
 Water ..... 1 cup (250ml)  
 Clear honey ..... 1/3 cup (120g)  
 1/2 cinnamon stick  
 5 drops rosewater (optional)  
 finely chopped lemon zest  
 2 tablespoons lemon juice  
 finely chopped pistachios (optional) for sprinkling

### Method

- Gently melt butter in small pan over low heat, then let cool. Skim off any white scum from top, and then carefully pour clear liquid into a jug leaving any milky sediment behind.
- Brush a 32x24x5cm baking tin with some of the butter. Cut filo so that it is a similar size to the tin. Cover filo sheets with a damp tea towel to stop it drying out.
- Mix together nuts, sugar, cinnamon and nutmeg in a bowl.
- Line base of tin with a third of the filo sheets, brushing each sheet lightly with melted butter as you go. Sprinkle half nut mixture evenly over filo and shake tin gently to even out. Repeat the layering with another third of the filo and butter, and then top with the remaining nut mixture. Layer remaining filo over this, brushing it with the butter as you go, then brush the top with the butter too. Trim and discard any excess filo from around the sides of the tin with a sharp knife.
- Chill in the fridge for about 20 minutes to firm up the baklava so it's easier to score. When it is firm use a sharp knife to score the baklava, right through to the base, into diamonds of whatever size you want. Push a clove, if using, into centre of each one.
- Bake at 180 for about one hour or until top of baklava is deep golden brown. Cover loosely with foil if it seems to be browning too quickly.
- For the syrup, combine sugar, water, honey and cinnamon stick in saucepan over high heat. Stir mixture until sugar dissolves, then stop stirring and bring to boil.
- Reduce the heat to very low and simmer syrup, uncovered, for 20 minutes, skimming of any white foam that floats on surface. Remove syrup from heat, discard cinnamon stick and stir in lemon zest, juice and rosewater. Keep syrup in a warm spot.
- When baklava is ready, remove from oven. Cool the tray on wire rack for one minute, then slowly drizzle warm syrup evenly over the top. Leave it to cool completely, do not refrigerate, for at least 12 hours before serving.
- To serve baklava, cut down through score marks to loosen diamonds. Remove cloves and sprinkle with chopped pistachio nuts.

To make Simon's recipe pick up your almonds, pistachios, butter, lemons and honey at the Adelaide Showground Farmers' Market from these producers:

Almonds - Taronga Orchards

Butter - B.-d. Farm Paris Creek

Pistachios - Miss Merbein, The Food Forest

Lemons - Cooina Proprietors, B & A Andonopoulos, Fat Goose Fruits

Honey - Friebe's, Do Bee Honey



Recipe courtesy of ABC TV's "The Cook & the Chef" for **Animals Asia's Honey Money Days 2009** to raise money for the rescue of bears from bile farms in China and Vietnam. For more information, go to [www.animalsasia.org](http://www.animalsasia.org)