



Apricot and Pistachio Baklava Parcels



Apricot and pistachio baklava parcels are the classic Middle Eastern sweet flaky dessert that never disappoints. Baklava is frequently referred to as baklava but it is not really the same. There is a difference! This is my simple version of the baklava recipe. Pretty baklava parcels that are sure to be a crowd pleaser!

Ingredients

- 12 sheets filo pastry
- 150 grams ghee melted
- Pistachios (roughly ground) to garnish (extra)
- diced dried apricots to garnish (extra)

Sugar Syrup

- 1 cup sugar
- ½ cup water
- 1 teaspoon lemon juice
- 2 teaspoon orange blossom water

Filling

- 200 grams pistachio roughly ground
- 50 grams brown sugar
- 30 grams (2 tablespoons) dried soft apricots diced
- 2 teaspoons orange blossom water

Cook's Note

* You can substitute Orange Blossom water with 1 teaspoon of orange blossom essence.

*Baklava can be stored at room temperature (in an air-tight container) for 1-2 weeks.

Step 1

To make the sugar syrup, place syrup ingredients in a small saucepan over medium heat. Bring to a boil. Lower the heat and continue to boil for approximately 7-10 minutes until syrup slightly thickens. Remove from heat and cool completely.



Step 2

Pre-heat the oven to 190°C. Grease a non stick 24 mini cupcake tray with approximately 1-2 tablespoons of melted ghee.

Prepare the filo pastry by stacking 6 sheets of filo on top of each other and cutting them into 9 cm squares. Place each stack of 6 filo squares into the cupcake tin. Repeat with the remaining 6 sheet of filo.



Step 3

Combine and mix filling ingredients. Divide filling equally between the filo stacks. Gather the pastry and scrunch them together at the center to form a parcel.



Step 4

Heat remaining ghee for 1-2 minutes over medium heat until very hot and pour directly over each Baklava parcel making sure to saturate them well.

Bake in preheated oven for approximately 10 minutes or until golden in colour. Remove from the oven and immediately pour 1-2 tablespoons of cooled sugar syrup over each hot baklava parcel. Garnish with ground pistachio or slivered pistachio and diced dried apricots.

Best enjoyed once cooled.

As we say in Arabic, Sahtan - Enjoy in Good Health.



ROUBA SHAHIN

MY JOURNEY WITH FOOD