DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Max Elwell				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY				
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior	

Name of Recipe: Baklava	
Prep Time: 1 hour	**Cook Time:** 1 hour 15 minutes **Cost:** $9.80

Type Recipe Here:

8 ounces phyllo dough
5/8 cup Unsalted Butter
1/2 cup granulated Sugar
1/4 cup honey
1 tablespoon lemon juice
3/8 cup water
1/2 pound Walnuts
1/2 teaspoon cinnamon

Instructions

Prep
1. Thaw phyllo dough by package instructions

2. Trim phyllo to fit your baking dish

3. Butter the bottom and sides of a 13x9 non-stick pan

Start with the honey sauce
1. In a medium saucepan, combine 1/2 cup sugar, 1/4 cup honey, 1Tbsp Lemon juice, and 3/8 cup water. Bring to a boil over medium/high heat, stirring until sugar is dissolved, then reduce heat to Medium/Low and boil for 4 mins with no stirring. Remove from heat and let cool

Baklava
1. Pulse walnuts 10 times in a food processor or until finely chopped. In a medium bowl, stir together: 4 cups finely chopped walnuts and 1tsp cinnamon

2. Place phyllo sheets into a non-stick baking pan one at a time, brushing each sheet with butter once its in the pan before adding the next. Keep remaining phyllo covered with a damp towel at all times. Spread about 1/5 of the nut mixture over phyllo dough

3. Add half the amount of phyllo then another layer of nuts. Repeat x 4. Finish off with the original amount of sheets as a topper and brush with butter

4. cut pastry into strips and the cut diagonally to form diamond shapes. bake at 325F for 1hr 15mins or until tops are golden brown

5. Remove from oven and immediately spoon cooled syrup evenly over the hot baklava. Let baklava cool, uncovered at room temp. For best results, let baklava sit at room temp for the syrup to penetrate and soften the layers. Garnish with excess nuts. Store at room temp covered with a tea towel for 1 to 2 weeks.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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