



Capilano Manuka Honey Baklava

INTERMEDIATE • 1 HOUR 10 MINS

Few desserts rival the nutty honey-filled joy of a crispy piece of baklava. Our recipe is a Capilano twist on tradition with a mix of your favourite nuts, Capilano manuka honey and a hint of vanilla. Perfect with a cup of tea.



SKILL LEVEL
Intermediate

PREP TIME
30 mins

COOKING TIME
40 mins

SERVINGS
24

Ingredients

Base

- 500g nuts of choice – raw walnuts, pistachios,

Method

1. Preheat oven to 180°C. Combine honey, water, orange zest, vanilla, cloves and bring to a boil.

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- hazelnuts, almonds
- 1 tbsp cinnamon, ground
- ¼ tsp cloves, ground
- 375g pack chilled filo pastry
- 125g unsalted butter, melted

Honey Syrup

- 1 cup cold water
- 720g (2 cups) Capilano Floral Manuka honey
- 2 tsp orange zest
- 2 tsp vanilla extract
- 5 whole cloves
- 1 lemon, juiced

To Decorate

- 50g pistachios, finely pulsed in food processor

Used in this recipe



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

2. Allow to simmer for 20-25 minutes until thicker.
3. Add lemon juice and remove cloves. Remove from heat and transfer to jar to cool completely on benchtop.
4. Nut Mixture: Combine chosen nuts in a food processor and pulse to finely chop. Transfer to a large mixing bowl and add honey, cinnamon, and ground cloves. Mix well to combine.
5. Method: Carefully unroll filo pastry and cover with a damp clean tea towel or wet paper towel. This will help keep the filo from drying out during assembly.
6. Brush a 9"x 13"x 2" baking pan with melted butter, then cover with a sheet of pasty, trimming to size. Brush with melted butter and repeat a few more times until ⅓ of the pastry is layered in the tray.
7. Sprinkle half of the nut mixture over the pastry, and repeat layering of pastry and butter for an additional ⅓ of the pastry packet.
8. Add remaining ½ of nut mixer and finish with final ⅓ of pastry, repeating layers of pastry brushed with butter in between. Brush very top layer with butter and prepare to cut the baklava before baking.
9. To cut the baklava, take a sharp knife and cut 4 long rows across the tin. You may need to wipe the knife clean between each row. Then cut on a diagonal across the tin to create 24 diamond shaped pieces.
10. Transfer to preheated oven and bake for 35-40 minutes until golden. Remove from oven and immediately pour cooled honey syrup across hot baklava. It is important to have room temperature syrup going onto hot baklava to ensure a crisp result and avoid soggy pastry.
11. Allow to cool completely, then garnish with pistachio and serve with a dollop of yoghurt, cream or ice cream. Store once fully cooled, in an airtight container for up to 5 days or frozen for up to 3 months. Bring to room temperature to serve.

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