



## SAUNDERS' MALT EXTRACT

Preparation

30  
MINS

Chill Time

5  
MINS

Bake Time

30  
MINS

Serves

12

Difficulty

MEDIUM

# MALTED BAKLAVA

A malted take on the baklava, using layers of flaky filo pastry, ground walnuts and pistachios, drizzled with a malted syrup for a delicious treat. Perfect for sharing and keeps well in the fridge for up to 7 days.

## INGREDIENTS

### Baklava

- 250g walnuts
- 250g shelled pistachios
- 1 tsp cinnamon powder
- 250g unsalted butter
- 1 (375g) packet filo pastry\*

### Syrup

- ¾ cup water
- ½ cup Saunders' Malt Extract
- 1 cup raw sugar
- 2 tbsp lemon juice

*\*Notes: Filo pastry can be found from the chilled aisle in most supermarkets (generally where chilled noodles and pasta is). When working with the pastry, make sure you only take it out of packaging when ready to use. Cover loosely with a damp tea towel to prevent the pastry from drying out.*

## METHOD

- 1 Preheat oven to 180C.
- 2 Using a food processor, separately grind walnuts and pistachios to a coarse breadcrumbs texture – it's perfectly okay if there are some chunkier bits there as it provides more texture. Transfer to a bowl and add cinnamon. Mix well. Set aside a couple of tablespoons of the mixture for sprinkling on top of the finished baklava.
- 3 Dice butter and melt it in a small saucepan.
- 4 Line the base of a (22 x 28cm) baking tin with baking paper. Carefully take the filo pastry out of the packet and lay flat on the kitchen bench. Cover with a damp tea towel to prevent it from drying out.
- 5 Take one sheet of filo and place half over the base, with the other half overhanging the side. Using a pastry brush, brush the pastry with melted butter then fold the overhanging pastry over the top. Brush the top with melted butter, then repeat the process with 4 more full sheets (5 full sheets in total making 10 layers). Sprinkle evenly with ¾ cup of the nut mixture.
- 6 Place another sheet of filo over the nut layer and repeat the process of layering and buttering the pastry using 3 full sheets. Top with ¾ cup of the nut mixture. Top with two more 3 full pastry sheets and ¾ cup nuts.
- 7 Use remaining pastry for the top layer, buttering as before. Butter the top and place the tin in the fridge for 5 minutes for the butter to harden.
- 8 Using a sharp knife cut the baklava on a diagonal into 4 long strips, then again from the other corner to make diamond shapes.
- 9 Bake for 30-35 minutes until the pastry is golden.
- 10 Meanwhile, place all syrup ingredients in a medium saucepan set over medium heat, stirring until the sugar is melted. Bring to a gentle simmer, turn off the heat and set aside.
- 11 Remove baked baklava from the oven and pour syrup over the top. Sprinkle with reserved nut mixture. Allow the syrup to soak into the pastry for at least an hour before serving.
- 12 Store leftover baklava in an airtight container in the fridge for up to 7 days.

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