

## ORANGE-BLOSSOM PEACH *BAKLAVA*

The aromatic fragrance of summer peaches, orange blossom water, and the crunch of the *filla* in this PEACH *BAKLAVA* dessert is heavenly!

The traditional sugar syrup *Shira* was replaced with pure maple syrup. A natural sweetener filled with minerals and antioxidants.

Plus, it is lower on the glycemic index than granulated sugar.

Arrowroot flour acts similarly to cornstarch but contains more dietary fiber and calcium; in addition, it's gluten-free, providing a nutritious substitute for cornstarch. To use, double the amount of arrowroot as used for cornstarch.

### **Ingredients:**

12 ounces unsalted butter (3 sticks)

or vegan non-dairy butter, melted

24 sheets *filla* (about 1 pound)

1 cup cold pure maple syrup, refrigerated

### **Filling:**

½ cup maple syrup or ½ cup brown sugar

1 cup filtered water

½ cup arrowroot flour

1 tablespoon lemon juice

¼ teaspoon ground cardamom

¼ teaspoon ground cinnamon

1 teaspoon pomegranate molasses

4 cups blanched\* peeled peaches, roughly chopped and shredded, 4-5 large peaches

1 ½ teaspoon orange blossom water

**Instructions:**

1. In a large saucepan, whisk together maple syrup, water, arrowroot, and lemon juice. Bring to a boil over medium heat. Stir until thickened, about 2-3 minutes.

2. Remove from the heat and add the cardamom, cinnamon, pomegranate molasses, orange blossom water and peaches. Cool to room temperature.

3. Working with half the *filla*, brush each sheet, one at a time, using slightly less than half the remaining melted butter. Stack the sheets evenly, one on top of the other.

(Keep the untended sheets covered with wax paper and a towel to prevent them from drying out.)

4. Fit the buttered *filla* sheets into a 14-inch round or 10 x 12-inch baking pan, folding the sides over to create a round or straight edge.

Preheat the oven to 350°F.

5. Spread the peach mixture over the *filla*. Repeat step 3 for the remaining sheets of *filla*, covering the peach layer and

brushing the top sheet with a generous amount of butter.

6. Refrigerate, covered, for 20 minutes. Cut the pastry into diamond, square, or rectangular pieces.

7. Bake for 1 hour or until the *baklava* is puffy and golden.

6. After removing the *baklava* from the oven, pour the cold maple syrup over it. Let the *baklava* cool.

Serve in baking pan or flip onto a plate by covering the pan with an oversized plate and flipping it over, then top the *baklava* with another plate and flip a second time revealing the original top part of *baklava*.

Yield: 30 pastry wedges

*Baklava* may be frozen for up to 3 weeks. Add syrup after baking.

Note: filling may be used for pies and with pastry puff dough.