

Baklava

- Origin- From the Farsi word meaning “many layers”, baklava has a fuzzy history but can trace its origin back to the halls of the sultan’s of Istanbul. It could possibly go back as far as ancient Rome.

Ingredients

Syrup

- Sugar
Originating in Southern Asia in what is now India. The Indian’s where the first people to learn how to transform sugar cane into granulated sugar crystals.
- Honey
Honey has been gathered by people for thousands of years. One of the oldest references is an 8000 year old cave painting in Spain.
- Lemon juice
Lemons are thought to have originated around India from the cross pollination of the citron and sour orange. They have been used in the Middle East since biblical times but were not a widespread plant in the Mediterranean till around 1000 a.d.

Filling

- Almonds
Domesticated Almonds are thought to have originated in Levant, the area of the eastern most Mediterranean, around the Bronze Age. Wild almond seeds contain cyanide.
- Pistachio
The Pistachio is also native to the Levant region. There are traces of it being eaten going back some 70,000 years.
- Walnuts
Walnuts Originated in the Middle East and was first cultivated in what is now Iraq.
- Butter
Butter has been made for thousands of years. It has referenced origins from the Mediterranean through the Indian subcontinent.
- Cinnamon
True Cinnamon has its origin in Sri Lanka, and was transported from there to Eastern Africa and up through the Mediterranean.

Phyllo Dough

- The Practice of stretching raw dough into thin sheets goes back to the ottoman empire in Istanbul.