

# Traditional Greek Galaktoboureko



Preparation time: 135 mins

Serves: 4 people

User Rating: ★★★★★

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Golden, crispy, perfection. Galaktoboureko is a traditional creamy Greek dessert baked in layers of filo pastry.

Its name-sake combines 'galakto' meaning 'milk' in Greek and 'boureko', which is the Turkish word for something stuffed in filo pastry. And in this glorious recipe, that special 'something' is a delicious semolina and egg custard.

Expertly led by Adam Liaw, transport your tastebuds to your own rustic mediterranean villa, as you create your very own Galaktoboureko at home.



## Ingredients

### SUGAR SYRUP

500g sugar

1 stick cinnamon

rind of 1 lemon

1 tbs honey

## EGG CUSTARD

4 eggs

200g sugar

300 ml pouring cream

750 ml milk

¼ tsp salt

1 tsp vanilla extract

170g fine semolina

100g butter, cold and cubed

## FOR ASSEMBLY

200g butter

375g filo pastry sheets

## Method

1. To make the sugar syrup, bring the sugar and 375 ml (1½ cups) of water to a simmer with the cinnamon, lemon rind and honey. Simmer for 5 minutes, then allow to cool. Remove the cinnamon stick and lemon rind.
2. For the egg custard, place the eggs and half the sugar in stand mixer and whisk until pale and doubled in size. Place the remaining sugar, cream, milk, salt and vanilla extract in a medium saucepan and bring to a simmer. When simmering, whisk in the semolina and continue to whisk until the mixture thickens enough for the whisk to leave its tracks in the mixture. Remove from the heat and whisk in the butter until it is melted and fully incorporated. Set aside until ready to use.
3. Heat your oven to 160C. Brush a 20 cm x 30 cm x 5 cm baking dish and lay 5 sheets thickness of filo into the base, brushing each sheet with butter and leaving the ends of the filo overhanging the edge of the dish.
4. Fold the egg mixture into the semolina mixture and spread the custard evenly over the pastry. Fold the overhanging pastry over the top of the custard, and cover the custard with 5 more layers of filo (also brushing with butter in between each layer). Tuck in any overhang and score the top of the pastry with a sharp knife.
5. Bake the galaktoboureko for 1 hour until the pastry golden brown. Remove from the oven and ladle over the syrup allowing it to absorb into the pastry. Rest for at least 10 minutes, then slice and serve.

## Notes





### Expert Tips:

Sometimes when baking the galaktoboureko some black spots may appear on the top. To avoid that happening, ensure your butter is clarified.

Be mindful to add the semolina slowly to the warm milk and whisk constantly to avoid forming lumps.

To prevent steam from getting trapped and making the filo pastry soggy, it's best not to cover the galaktoboureko while it's still warm. Simply leave it uncovered on the benchtop to cool.