



Greek custard phyllo rolls – Galaktoboureko

40'
Hands on

60''
Hands off

90'
Cook Time

10-12
Portion(s)

2
Difficulty



Method

For the syrup

- In a pot add the sugar, the water, the glucose, the cinnamon, the lemon peels, and transfer over high heat.
- Let the mixture come to a boil until the sugar melts.
- Remove from the heat and let the syrup cool.

For the cream

- In a pot over medium heat add the milk, the 400 g of the heavy cream, half of the sugar, and let the mixture come to a boil.
- In a bowl add the rest of the sugar, the egg yolks, and whisk well until the sugar is dissolved. Add the rest of the heavy cream and whisk.
- Add the semolina and whisk well. Add the vanilla extract, the zest of 1 lemon, and whisk.
- Pour the pot's mixture very slowly into the bowl, whisking constantly, and transfer the whole mixture back to the pot. Transfer over medium heat and whisk until the cream thickens and comes to a boil.
- Remove from the heat, add the butter, and keep whisking until the butter melts and you get a velvety cream.
- Allow 10 to 15 minutes for the cream to cool and transfer it to a pastry bag.

To assemble

- Preheat the oven to 160° C (320° F) set to fan.
- Divide the filling into 5 batches.
- Spread one phyllo sheet, drizzle it with butter, and place the 2nd phyllo sheet on top of it. Drizzle with butter and spread half of the 3rd phyllo sheet on top. Butter it and spread 1/5 of the filling lengthways. Tuck the sides of the phyllo inwards and roll.
- Butter a 28x32 cm baking pan, put the roll in it, and brush it with butter. Follow the same process for the remaining 4 batches. In total, you will have 5 rolls.
- Spread the remaining butter into the pan and bake for 1 ½ hour.
- Remove from the oven and, while it is still hot, pour the cold syrup over it.
- Serve with mint.

Ingredients

For the syrup

- 500 g granulated sugar
- 300 g water
- 50 g glucose
- 2 stick(s) cinnamon
- lemon peels, of 1 lemon

For the cream

- 500 g milk
- 500 g heavy cream 35%
- 200 g granulated sugar
- 4 egg yolks, of medium eggs
- 150 g semolina, fine
- 1 teaspoon(s) [vanilla extract](#)
- lemon zest, of 1 lemon
- 50 g butter

To assemble

- 450 g phyllo dough sheets
- 200 g butter, melted

To serve

- mint

Διατροφικός πίνακας

Nutrition information per portion

747 Calories (kcal)	36.0 Total Fat (g)	22.0 Saturated Fat (g)	96.0 Total Carbs (g)
37%	51%	110%	37%
64.0 Sugars (g)	8.1 Protein (g)	1.1 Fibre (g)	0.26 Sodium (g)
71%	16%	4%	4%