



# Ekmek Kadayifi

**2 hours**

Hands on

**10-12**

Portion(s)

**2**

Difficulty



## Method

### For the syrup

- In a **pot**, add the water, sugar, lemon rind and cinnamon stick.
- Place pot over low heat and bring to a boil.
- As soon as it starts to boil, add the honey and boil for 3-4 minutes, until the sugar melts.
- When ready, remove from heat and set it aside to cool completely.

### For the base

- Preheat oven to 160\* C (320\* F) Fan.
- Separate the shredded phyllo dough with your hands, making sure there are no knots and it fluffs up.
- Grease a **25x35 cm baking pan** with butter and spread 1/3 of the phyllo dough. Drizzle with 1/3 of the butter.
- Repeat the same process twice more, until all of the phyllo dough and butter are done.
- Bake for 1 hour, turning shredded phyllo dough over 30 minutes into baking time so that it can turn golden on both sides.
- When ready, remove from oven and immediately pour the cool syrup over it with a **ladle**.
- Set aside for 30 minutes to allow the phyllo to soak up all of the syrup.

### For the custard

- In a **pot**, add 900 g of milk, 100 g of sugar and vanilla extract.
- Place pot over medium to low heat so that the milk doesn't burn.
- In a bowl, add 100 g of sugar and the egg yolks.
- Whisk until the yolks are incorporated and add another 100 g of milk. Whisk until the sugar has completely dissolved.
- Add the corn starch and whisk to incorporate.
- As soon as the mixture comes to a boil, remove from heat.
- Scoop up a few ladleful's of the hot mixture in the pot and slowly add it to the bowl, while whisking continuously.
- Transfer the contents of the bowl back to the pot. Cook over medium heat until it thickens.
- Turn off heat and taste the custard. It should not have any corn starch taste at all.
- Add the chilled butter and whisk until the butter melts and is incorporated.
- Pour the custard over the baked phyllo dough and spread it evenly over the entire surface with a spatula.
- Cover with plastic wrap, making sure the wrap touches the surface of the custard directly (so that a film is not formed) and refrigerate for 3-4 hours.

### For the whipped cream

- In a mixer, add the chilled heavy cream, vanilla extract and icing sugar.
- Beat on high speed for 2-3 minutes, until you create a whipped cream that has the texture of yogurt.

### To assemble

- Remove the kadayifi from the refrigerator and spread the whipped cream over it with a

## Ingredients

### For the syrup

- 500 g water
- 600 g granulated sugar
- peel, of 1 lemon
- 1 stick(s) cinnamon
- 1 tablespoon(s) honey

### For the base

- 500 g shredded phyllo dough
- 150 g butter

### For the custard

- 1 liter milk
- 200 g granulated sugar
- 1 teaspoon(s) [vanilla extract](#)
- 6 egg yolks
- 100 g corn starch
- 100 g butter, chilled

### For the whipped cream

- 500 g heavy cream 35%, chilled
- 1 teaspoon(s) [vanilla extract](#)
- 50 g icing sugar

### To serve

- pistachios, crushed
- fruits, of your choice

## Διατροφικός πίνακας

### Nutrition information per portion

844 Calories (kcal)	39.0 Total Fat (g)	24.0 Saturated Fat (g)	115.0 Total Carbs (g)
42%	56%	120%	44%

77.0 Sugars (g)	6.7 Protein (g)	1.2 Fibre (g)	0.2 Sodium (g)
86%	13%	5%	3%

spatula.

- Run the back side of a fork over the whole surface to create lines in the whipped cream.
- Sprinkle with crushed pistachio nuts and serve.
- You can also serve with your choice of fresh fruit.