



Chocolate baklava bracelets

40'
Hands on

4 hours'
Hands off

35'
Cook Time

12-14
Portion(s)

2
Difficulty



Method

For the syrup

- In a **pot** add the sugar, the water, the cinnamon, the lemon peels, the glucose, and stir.
- Transfer over medium heat and allow 2-3 minutes for it to boil and for the sugar to melt.
- Remove and set aside to cool.

For the baklava bracelets

- Preheat the oven to 180° C (350° F) set to fan.
- Take one phyllo dough sheet and drizzle it with butter.
- Set a 40 cm steel skewer at the edge of the sheet's shorter side and start rolling, leaving a 3-4 cm gap at the other side of the phyllo.
- Shirr the phyllo, remove the skewer, and curve the phyllo so that the two edges stick together and the unrolled phyllo forms a base at the center.
- Follow the same process for all of the phyllo dough sheets.
- Transfer the bracelets to a buttered **30x40 cm baking pan** and bake for 30-35 minutes.
- Remove from the oven and with a serving spoon, pour over the cold syrup right away.
- Set aside for 3-4 hours until the whole syrup is absorbed.

For the chocolate ganache

- In a saucepan, add the heavy cream and transfer over medium heat. Let it come to a boil.
- Turn off the heat and add the chocolate couverture chopped into pieces.
- Wait a few seconds for the chocolate to start melting and then, stir with a spoon until the ingredients are homogenized.
- Add the butter and stir until it melts.
- Fill the center of the bracelets with the ganache, sprinkle with chopped pistachios, and serve.

Ingredients

For the syrup

- 400 g granulated sugar
- 400 g water
- 1 stick(s) cinnamon
- lemon peels, of 1 lemon
- 1 tablespoon(s) glucose

For the baklava bracelets

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

For the ganache

- 150 g heavy cream 35%
- 200 g chocolate couverture
- 1 tablespoon(s) butter

To serve

- pistachios, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

354 Calories (kcal)	13.0 Total Fat (g)	7.8 Saturated Fat (g)	55.0 Total Carbs (g)
18%	19%	39%	21%
34.0 Sugars (g)	4.3 Protein (g)	1.5 Fibre (g)	0.18 Sodium (g)
38%	9%	6%	3%