

PUKLAVAH – Armenian Dessert

Ingredient list

1 pound walnuts
 $\frac{3}{4}$ cup sugar
1 tsp. cinnamon
1 pound unsalted butter
1 pound filo dough

Syrup

$\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup water
Honey



Directions

1. Melt butter, chop nuts.
2. Prepare filling by mixing nuts, sugar, and cinnamon together.
3. Layer filo dough in a puklavah pan, (oblong or round), spreading melted butter on every other layer with a large spoon. Spread walnut filling over middle layer or in different layers.
4. Cut puklavah into diamond shapes. Top with butter. Bake at 350 degrees for 35 to 40 minutes, until bottom is brown.
5. While puklavah is baking prepare syrup by mixing sugar and water. Heat for 10 minutes, stirring often.
6. Pour syrup over puklavah letting it settle for some time before cutting and serving. It is helpful when the puklavah and syrup are the same temperature.

Folk Arts Center of New England
10 Franklin Street, Stoneham, MA 02180-1862 Telephone: 781-438-4387 <<>> email:
fac@facone.org website: <http://www.facone.org>

Recipe reminiscence from Susan

Puklavah was lovingly taught to me by my fraternal grandmother with whom I spent many memorable summers. Arabs and Greeks prepare puklavah, a Middle Eastern pastry differently. My grandmother was very strict. She taught me the Armenian way of making puklavah and sternly warned me not to change the recipe in any way. At the Smithsonian Massachusetts Festival where I represented Armenians, in 1988, the audience asked me many questions I had asked my grandmother years ago. When I asked, "Why is it done this way? My grandmother would always respond, "Because this is the way it is done." To the audience's amusement, I found myself repeating my grandmother's words.

In 1988 I was invited to Washington DC to represent the Armenians of New England along with a few other participants. I demonstrated needle lace and making puklavah. I also taught Armenian dancing with the Artie Barsamian band. It was such a surprise to see my grandmother's puklavah recipe in the Smithsonian Folklife Cookbook which brought back many good memories of her and the festival. I hope it brings you joy also.

As excerpted from the *Smithsonian Folklife Cookbook, 1991, page 66*