KALI OREXI

sharing our Greek culinary heritage

Ros' Nifi's Halva

(A nuptial celebration sweet from the island of Kastellorizo)

You will need...

1 cup boiling water

½ cup sugar

125g butter, unsalted

125g flour

Sugar

Ground cloves

Preparing the syrup

- Add the sugar to the boiled water and stir until all the sugar dissolves
- Leave the simple syrup to cool

Preparing the Nifi's Halva

- Melt the butter in a fry-pan on medium heat and add the flour
- The mixture will initially thicken and look like scrambled eggs and then the flour will precipitate out and the mixture will appear to liquefy
- Continue to heat and stir the mixture on medium heat until the flour reaches a deep caramel-brown colour, this will take 20-30 minutes (when I was making this, I turned it up to medium-high briefly a few times to encourage the browning of the flour)
- You can push the browning of the flour as far as you like, some Kazzies believe the darker the better!
- Once the desired hue of brown is achieved, add the syrup and stir it through till it comes together as a gelatinous batter
- Using two spoons take a spoonful of the mixture and shape it into a quenelle
- Continue to do this with all the mixture

- Sprinkle generously with sugar and ground cloves

Serving the Nifi's Halva

- Serve warm on the occasion of a betrothal, wedding and to newlyweds when they visit you!
- Kali Orexi!

Makes 15-18 pieces

Key Points

- Take care not to burn the butter when you are melting it, as this will result in spotty flecks in the halva
- Put on your favourite Netflix show and prepare to stir and stir and stir
- Pieces can be gently reheated in the microwave