KALI OREXI

sharing our Greek culinary heritage

Vasiliki's Karydopita from Ioannina

The Grecian Purveyor's mum's recipe!

For the karydopita you will need...

400g walnuts, finely chopped

30g cinnamon

2 tablespoons Ladi Biosas organic extra virgin olive oil (EVOO)

8 x 70g eggs – yolks and whites separated

400g sugar

1 teaspoon vanilla extract

3g baking powder

~350g fine breadcrumbs, added gradually (see instructions below)

60g semolina – use only if the karydopita batter is loose

For the syrup you will need...

400g sugar

400ml water

2 tablespoons Stayia Farm – Organic Wild Forest Honey

Preparing the karydopita

- In a medium bowl, stir the walnuts and cinnamon together, before adding the EVOO and mixing through
- Whisk yolks with the sugar till pale and thick
- Whisk the egg whites separately till soft peaks form
- Gently fold the egg whites into the egg yolk mixture in batches
- Gently fold in the walnut mixture, vanilla extract and baking powder
- Add the breadcrumbs and gently combine – add enough breadcrumbs to form a thick batter, that is on the looser side

- If you have added all of the breadcrumbs and the batter is still very loose, then add enough semolina to tighten it a bit
- Lightly baste a 30cm diameter pan with EVOO
- Pour the batter into the pan and gently shake it flat
- Bake at 180˚C conventional for about 35-45 minutes, or until a test skewer comes out clean
- Allow the karydopita to cool completely
- Once cooled, cut the karydopita into diamond-shaped pieces ~ 4 x 5cm

Preparing the syrup

- Add the sugar and water to a small pot and bring to the boil
- Take the pot off heat and stir in the honey
- Ladle hot syrup slowly and evenly over the cooled and sliced karydopita – the amount of syrup you add will depend on personal preference

Serving the Karydopita

- Serve the karydopita with spoon sweets, such as sour cherry, quince or wild fig
- Kali Orexi!