

## Galaktoboureko

Written by  
Thursday, 01 November 2012 11:05 -

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## Galaktoboureko

**Yield:** Approximately 24 pieces

### Ingredients:

- **For the filling:**
- 6 cups milk
- 1-1/4 cup fine semolina (you can substitute Farina)
- 6 egg yolks
- 1/2 cup sugar
- 1 tbsp. vanilla extract
- 2 tbsp. unsalted butter
- **For the syrup:**
- 1 cup sugar
- 1 cup water
- 2 inch piece of lemon rind
- 2 inch piece of orange rind
- Juice of 1/2 a lemon
- 1 lb. phyllo pastry sheets
- 1/2 lb. unsalted butter, melted (for brushing)

### Preparation:

**Make the Filling:** In a large saucepan, heat the milk over medium high heat until just boiling. Add the semolina and stir with a whisk. Lower the heat to medium low.

Using a whisk, beat the egg yolks with the sugar. Ladle a cup of the warmed milk into the egg mixture to temper and then add the egg yolk mixture to the pot.

Continue to cook over medium low heat until the cream starts to thicken, stirring continuously.

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When the custard has thickened, remove from heat and stir in the vanilla extract and the butter. Set aside.

**Unwrap the Phyllo:** Carefully remove the Phyllo roll from the plastic sleeve. Most packages come in 12 x 18 inch sheets when opened fully. Using a scissor or sharp knife, cut the sheets in half to make two stacks of 9x12 inch sheets. To prevent drying, cover one stack with wax paper and a damp paper towel while working with the other.

Preheat the oven to 350 degrees.

**Assemble the Galaktoboureko:** Using a pastry brush, brush the bottom and sides of a 9 x 12 rectangular pan. You will use approximately half the phyllo sheets for the bottom of the pastry. Begin by layering sheets one by one in the bottom of the pan, making sure to brush each one thoroughly with melted butter.

When you have almost layered half the sheets, drape two sheets of phyllo so that they extend half in the pan and half out of the pan horizontally. Add the custard in an even layer on top of the sheets, smoothing the surface with a spatula. Fold the phyllo sheet flaps in over the custard layer. Add the remaining sheets on top, brushing each sheet with melted butter.

Before baking, score the top layer of phyllo (making sure not to puncture the filling layer) to enable easier cutting of pieces later. I place the pan in the freezer for about 10 to 15 minutes to harden the top layers and then use a serrated knife.

Bake in a preheated oven for 45 minutes or until the phyllo turns a deep golden color.

**While the Galaktoboureko is baking, prepare the syrup:** Combine the sugar and water in a saucepan and add the lemon peel and orange peel. Boil over medium high heat for approximately 10 – 15 minutes. Remove the lemon and orange peel and stir in the lemon juice. Remove from heat and set aside to cool.

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**Caution:** Do not pour hot syrup over the hot custard. Allow both to cool to room temperature and then carefully ladle the syrup over the galaktoboureko and allow time for it to be absorbed.