

Past, Present and Tomorrow of Baklava

Aysenur AKKAYA^{1*} Banu KOC²

¹Beykent Üniversitesi, Uygulamalı Bilimler Yüksekokulu, Gastronomi ve Mutfak Sanatları Bölümü, Turkey

²Gaziantep Üniversitesi, Güzel Sanatlar Fakültesi, Gastronomi ve Mutfak Sanatları Bölümü, Turkey

*Corresponding Author:
E-mail:aysenurakkaya@beykent.edu.tr

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Abstract

Turkish cuisine is influenced by various cultures and has a rich menu by influencing cultures. One of the leading products of the rich menu is the baklava. Baklava is defined as “a dough fresh made from very thin, made with peanuts, hazelnuts, walnuts etc. baked and sprinkled on it” by Turkish Language Institution. Although the baklava is traditional Turkish sweet, various countries accept the baklava as their own sweet. Therefore, in this study, to investigate the historical development of baklava and to examine how it is shaped today. Various literature sources have been searched for his, research information has been reached through academic theses, journals and articles. As a result, it has been understood that baklava is a Turkish sweet of Central Asia and that it is influenced by various cultures in taking shape today. In addition, it was understood that baklava would need human power to build baklava and if mechanization and technology develops, this will not be the case with baklava.

Keywords: Baklava, Historical Development of Baklava, Turkish Dessert

INTRODUCTION

Baklava is a paste dessert obtained by adding one of the flavors such as hazelnut, pistachio, walnut, sliced, cooked and slurred on the thin flakes.

The baklava, which is one of the leading sweets of the rich Turkish cuisine, has been shaped by today's influences from different cultures. Because of the non-agriculture in Central Asia, the main ingredient was wheat flour, baklava made from water and sugar. When the Turks came to Anatolia, they added one of the flavors like hazelnut, pistachio, walnut to the multi-layered phyllo dough with the influence of the Iranians. The 15th day of the baklava Ramadan, which is an ordinary dessert during the Seljuk period, was being offered to janizary during the visit of Hirka-i Sharif. Baklava, considered the most favorite dessert in Ottoman times, was given to guests during Ramadan, on holidays and at celebrations. In this period, the baklava has taken its present shape by opening the phyllo dough as a membrane. Baklava is a pastry dessert known and loved in many countries of the world.

Baklava has a large share in foreign trade both internally and in recent years in terms of income it generates because it is a dessert with high consumption [10].

The meticulous work of preparing baklava is at the forefront of the food industry and the use of quality materials and sensory analysis work are seen as an important factor in quality. Therefore, manpower and professional masters are needed in making baklava. Mechanization and technological developments in other products of the food industry can replace human labor, but this is not easy in making baklava.

Baklava is a Turkish dessert. But various countries accept baklava as their own sweet. Therefore, in this study, it was aimed to investigate the history of baklava and to examine the change from the day to today. In addition, the situation in other countries of baklava has been investigated.

Definition of Baklava

Baklava is a kind of dessert which is cooked by putting the inner mortars between very thin pastries and spilling sugar syrup on it [1]. Baklava is derived from the word “bahlahu” meaning bundle [3].

According to Kaufman's definition; baklava is mainly an exotic dessert. Despite being of Turkish origin, it is now loved all over the world. In this flour, the frit dough is mixed with pistachios, almond or walnut sugar as layered with melted butter and chopped nuts. After being cooked, a sorbet of baklava sugar is added. Sorbet is sugar in Turkish version, honey in Greek version. The sorbet change: Some are sharpened with a little lemon juice, and others are seasoned with cinnamon and clover. In the Middle East, cardamom and reseed are preferred. The finished dessert business is usually cut in the shape of a diamond [16].

The product description of the baklava is as follows; hard wheat flour, salt, egg and water mixture is obtained with hard dough. The hard dough obtained is sprinkled with wheat starch and the dough is opened. To slip between the phyllo dough, add butter and flavor; sliced and cooked at the appropriate temperature. Simple sorbet is added on it [10].

According to the Turkish Standards Institute, the Turkish Baklava must be in its own unique color of yellow gold. It should not be burned or dark colored, there should be no difference in tone or firing in each part of the tray. The flavor in it should be preserved and not be changed. Do not freeze/coat in the mouth, the density of the sorbet should not be dispersed in the mouth with its own puffiness. Apparently, the height of each slap should be more than 35 mm. The rate of baklava condiment should be at least 10%. Baklava should not contain any foreign material that is not very visible [22].

The most important feature of baklava is that it has a thin layer of dough. Charles Perry used phyllo as leaf. According

to Charles Perry's claim, these leaves are of Central Asian origin [16].

Historical Development of Baklava

Turkey, which has a deep-rooted food culture, has regional flavors with the advantage of geographical diversity of each region [8]. It is necessary to start with baklava when it comes to dough business sweets in Turkish cuisine. Baklava is considered to be a traditional Turkish dessert. Because the baklava was made in Central Asia, with a mix of milk, flour and sugar. Because of the irrigation of agriculture here, the main ingredient of baklava is wheat [10]. Nomadic Turks who used phyllo dough as their main food, opened one by one and put up different groceries between cooked phyllo dough and created layered pastry works [2].

The Greek claimed that the Turks got Baklava from Byzantium. This claim was made by Professor Speros Vryonis tried to prove that the sweet called 'koptaon' or 'kopte', loved in Byzantium, resembled a baklava. The American journalist Charles Perry, however, argued that the baklava were from Central Asia and that it was not confectionery, like baklava, but candy [10].

Charles Perry sees Baku Baklava, known as the traditional sweet in Azerbaijan, as an important part of his arrival in the classical baklava from the baked sheet metal bread in Central Asia. Indicating that Azerbaijan is on the way of those who emigrated from Central Asia to Anatolia, Perry thinks that the baklava is a product of the contact with the established Iranians in this region and that is a combination of hazelnut, peanut-stuffed pastries and Turkey's multi-layered bread in Iranian tradition [10].

According to Franz Maier's claim; baklava is known that early 8th century came from Assyrians. It was a dessert type that was placed but not layered. Baklava Arabs have come to Syria and Turkey after the Egyptians and Palestinians. In addition, baklava was known strudel-phylo dough, which means fine, fyllo or filo in Turkish, Molsouka in Greek. Then baklava was taken to Spain, North Africa and Southern France. There is no recipe today as a very thin flour [19].

At the banquets given to the guests in the Anatolian Seljuk culture in the later period of the history, they were served dessert immediately after the meal [25]. In the Helvahane section belonging to the palace kitchen, halva was consumed too much during the holiday [5]. Even though Topkapı Palace has been named as all the sweetwares at some time, other sweets have gained identity with the introduction of baklava [22].

Even though the Eastern Mediterranean, the Balkans, the Middle East, the Turks, the Jews, the Greeks, the Bulgarians, the Arabs and Armenians regard the baklava as their own dessert, they are considered to be an Ottoman dessert of baklava as they once belonged to the Ottoman geography of history [9].

Although the roots of the baklava are not exactly known, in our day we would define the classic baklava in the Ottoman period during the reign of Sultan Mehmet the Conqueror [15, 30]. Baklava is a sour dessert consumed since the 15th century [14]. Baklava was first made by Arabic cooks in the palace and later in the richer places [15, 30]. Baklava was baked in the palace in the month of shaban in the year 878 (1473) of Hijri [9]. Beside the baklava, cream was offered to the Pasha, the sultan's family and senior managers [29].

During Fatih Sultan Mehmet's time, there are five types of baklava in Topkapı Palace kitchen book. According to this old book, the baklava was cooked in the Ottoman palace

during the first the month of shaban. During the month of Ramadan and during feast days, flea minerals (old women) were assigned to open the phyllo dough and baklava [5]. Baklava became the most favorite dessert during holidays, celebrations and Ramadan in Ottoman times. In the period of Kanuni Sultan Suleyman, baklava was served after all the guests at Baynazid and Cihangir's circumcision wedding [15,30].

The baklava, dating back to the past, was an unfamiliar sweet until the 18th century [30]. On the 15th of Ramadan, during the visit of Hagka-i Sharif, the baklava, which appeared to be an ordinary dessert, was offered to janizary [15, 30]. In the pavilions and palaces, the baklava phyllo dough were made very thin by the master chefs [10]. The baklava has a privileged position; prescriptions are limited due to the difficulty of preparing. In making of baklava, the very thin membrane opening of the phyllo dough adds baklava delicacy. Skill and experience are required for his [26]. Baklava in the Ottoman palace did not only mean pleasure and wealthy, but also entered the state ceremonies, which made the baklava valuable. The most obvious example of this is; towards the end of the 17th century is the tradition of baklava procession [30].

Another place outside of Turkey where baklava is widely known, made and consumed is the Texas state of America. The Czechs migrated to Texas in 19th century, and they took the baklava with them. Thus, the Texas baklava also entered the literature. In addition, today Baklava is among the most popular sweets in North Africa, Greece, Turkey, the entire Arabian Peninsula, India, Macedonia, Armenia and Afghanistan [9].

Preparation of Baklava

Baklava was standardized by the Turkish Standards Institute in 2015. In order to standard baklava, certain materials and equipment must be used in certain amounts and be made in accordance with standard of baklava. Therefore, standard materials and equipment are needed.

Flour should be in first quality. For the baklava dough, flour is necessary to use 64-66 hard wheat flour [33, 34]. Flour has to be extra tender, coarse quality and rested for months [22].

The oil to be used in the baklava affects the flavor and flavor of the baklava. Therefore, the oil to be used should be unflavoured, fresh and unadulterated [22]. The oils must be heated first and the foam on top must be removed with a perforated scoop. If such oils are not used or unfiltered, blots may form on the baklava [12]. Good quality fat should be used. The amount of quality oil to water ratio is low. Therefore, quality oil affects product quality positively [21].

Simple oil is defined as a product obtained from milk or dairy products, in which almost all of the water and non-fat dry ingredients are removed and the weight is at least 99% milk fat content [27].

Simple oil is known as "anhydrous milk oil" and in some regions it is also called "chilled oil" [27]. It is a kind of oil that is produced and used abundantly in the Southeastern Anatolia region of Turkey. Simple oil is preferred especially for local desserts such as baklava and kadayif. The difference between butter and simple oil is that the amount of water it covers and that it is obtained from the yoghurt and that the butter made from the sour cream is waterless. Sheep milk is generally preferred, though it can be obtained from cow, goat and sheep milk. Yoghurt is first obtained from milk. Then ayran is made. The ayran is crushed to separate the

oil. By dissolving the oil and separating the whole from the water phase, it is obtained simple oil [17].

Simple oil is an oil made at Turkey. The difference from butter is that it is made both from yogurt and is waterless. While approximately 80% fat is obtained from the butter, 99.5% fat is obtained from the simple oil [18]. Features of simple oil; 100% natural, pure and soft texture. A good simple oil melts in the body heat, does not cause any harm to the body and shows that it is sensitive to body heat [31].

When the phyllo doughs are opened, starch should be dry and corn starch [22]. Also, when the dough is first wrapped around the phyllo dough, it must be plastered in abundance to avoid sticking to each other. In later hugging, the starch should be sprinkled. Otherwise, the dough will dry and disintegrate [12].

Desserts made from baklava and baklava dough have different internal mortars. For example, baklava made with pistachio, almond, walnut, hazelnut, cream, sesame, apple, orange, pineapple, gourd, squash, cherries and walnut are made [12].

Phyllo dough is defined as thinly opened pulp or a kind of bread that is thinner than pitta bread [23, 3].

The general production description of the baklava is as follows; 1 kg flour, 2-4 eggs, 10 g rock salt and water are mixed. The dough is kneaded and brought to the lumpy consistency. The dough opens like some of 50-100 g and its edges are cut and thinned. On average some 12 of them are wrapped in the same roll and wheat starch is added between them. The dough is thinned until it reaches about 1.5 m wide and about 2 m long. Approximately 20 layers of pastry dumplings are placed on the tepid, which has previously been greased with simple oil. Between the layers of the pastry dough is spread by simple oil. In order to prepare the upper part, about 20 layers of pastry doughs are placed in a row and scattered among them. The sides of the dough are smoothed and the baklava is sliced. Oil is added to it and it is cooked by rotating the tray continuously for 30-40 minutes in a stone oven at 200-300 °C. Boiling sorbet is spilled on the baklava at about 110 °C [28].

Baklava product description is as follows: Hard wheat flour, eggs, salt and water mixture is obtained with hard dough and wheat starch obtained from hard wheat is sprinkled according to the dough technique. Slipped into or between, butter or simple oil, according to the dough technique. It is sliced and cooked at the appropriate temperature. Sorbet is added on it [10].

Types of Baklava

Pastry making is an ongoing process for many years [35]. Baklava dough is made the same as other sweet dough. However, the disruption of the dough, the folding and the placement of the pod are distinguished from the others [26]. Although the "baklava tradition", which became the most important symbol of Ottoman palace, disappeared with the janizary, the baklava continued to take its place at the table of sultan [10]. In addition, it is also made with baklava layered dough made from separate dough [15]. According to the addition rate of baklava sorbet and whether or not the cream is added, the baklava is divided into wet baklava and dry baklava [22]. In addition, baklava is divided into three parts according to design scheme, dry nuts used and cut shape [6].

Types of Baklava According to Design Scheme

It is a type of baklava made by rolling and shaping the

baklava dough into the roll. Types of baklava according to design scheme; shame, bulbul nest, sarmy burma, peanut filling, status and hunkar. In this technique, firstly baklava dough is prepared and phyllo dough are opened. After that, according to the type of dessert to be made, it is cut at the appropriate size, the mortar is put into it and it is wrapped around the baklava roller [22]. Types of baklava according to design scheme are given below.

Shame; after opening the layer of baklava dough, it is slipped and pistachios are spread and the dough is folded into a triangular bundle. Melting of the butter on the dough is followed by the addition of pure mud which is prepared in simple oil and the melted oil is added and cooked in suitable time and temperature [22].

Bulbul Nest; single layer baklava dough is cut in the desired size and rolled and twisted. It is cooked in suitable time and temperature to add simple oil on dough. The sorbet is added to the pan and the sweet is rested [22].

Sarmy Burma; baklava dough is opened and cut to desired size. At least 16% flavor is added to it. The dough is rolling. Simple oil is added on the dough and cooked in the heated oven. The sorbet is spilled and rested [22].

Peanut Filling; the baklava dough is rolled and the dough rolls by adding at least 40% flavor. Simple oil is added and cooked in a heated oven. The sorbet is sprilled and rested [22].

Status; a multi-layer baklava dough opens. Cut desired size and add seasonings. Simple oil is added on the dough and baked in the preheated oven. Sorbet is spilled on the dessert that is out of the flour and the dessert is rested [22].

Hunkar; after opening the baklava dough, it is cut and rolled. The condiment is added on the dough. Simple oil is added and baked in the oven. The sorbet is added and rested dessert [22].

Types of Baklava According to Dry Nuts Used

Dried nuts such as hazelnuts, peanuts, almonds, walnuts and coconuts are scattered in the baklava and very little water is sprinkled inside. Thus, dried nuts are fused with the dough [22]. The rule to pay attention in order to prevent the dough from sticking together is to tightly squeeze the fruity dry nuts. If the dried fruits are too juicy, the dough does not stick well and becomes mushy when mixed with the sorbet [12].

Types of Baklava According to Cut Shape

Firstly, baklava dough is prepared, phyllo dough is opened and mortar is placed. It is then given one of square, triangular, baklava sliced and carrot sliced shapes. Thus, square, triangular, baklava sliced and carrot sliced baklava types are formed [22].

Baklava in Other Country

Baklava is made in different shapes in the world. Some of them are given below.

Baklava in the Azerbaijan: Azerbaijan is known as pahlahu. The people of Ganja, Azerbaijan celebrate Navruz for a month. Sweets are made at home this month. One of these is a baklava. Ganja baklava is 9 floors and is hazelnut and almond [13].

Irishte pakhlava is made from wheat flour and starch. Syrup is a rose. The dough is made in round shapes [20].

Baklava in the Armenia: Baklava is called Pakhlava in Armenia. In Armenia, baklava is a rich pastry dessert. Baklava is made from dough stuffed with nuts. It is sweetened with syrup and honey [7].

Baklava in the Netherland: Baklava in the Netherlands is made in Greek and Turkish restaurants. The base of

the baklava forms filled phyllo dough. The phyllo dough consists of many layers. It is walnut and pistachio. After the baklava is shaved, sherbet is spilled. It varies according to the slicing operations of the baklava [32].

Baklava in Greece: Baklava is made in 15 different sizes. The oil used in the baklava is butter. Almonds and walnuts are used together. In addition, baklava is put in cinnamon and carnation. The sorbet is poured hot on the hot baklava [11].

CONCLUSIONS

Baklava is a popular dessert all over the world, so the beauty is increasing. Thus, the countries accept their own sweetness. The countries are trying to own the baklava because they accept it as their own sweet. This situation reveals the importance of the baklava in their country and its history.

In this research, the date of the baklava was investigated. As a result of the research, it was understood that the shape of the baklava is known all over the world but is different in every country. The factor that causes this situation is that countries are influenced and influenced by each other in terms of food culture. In this respect, the baklava promotes both the cultures of that country and also takes on different tastes.

Baklava is known as a traditional dessert. It is important for every country to know the history of this traditional dessert. For this reason, a study of the history of baklava was needed. Although every country accepts baklava as its own sweet, Turkey has set the standard for baklava in 2015.

Due to the difficulty in making baklava, the prescription is limited. In making of baklava, the very thin membrane opening of the phyllo dough adds baklava delicacy. This requires mastery. Therefore, in making baklava, man power and skillful masters are needed.

Mechanization and technological developments in other products of the food industry can replace human labor, but this is not easy in making baklava.

When considered as a sweet sector in Turkey, Baklava has a large share in domestic and foreign trade in terms of revenues, and therefore the work to be done with baklava has a great importance.

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