

Cyprus Dessert

Traditional Cyprus dessert with syrup-soaked sponge cake, vanilla custard, and coconut. A beloved Mediterranean sweet treat perfect for special occasions.

30 min

PREP

30 min

COOK

1h

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Cyprus Dessert

Ingredients

- 3 egg
- 2 cup granulated sugar
- 0.5 cup sunflower oil
- 1 cup bread powder
- 1 cup grated coconut
- 1 pack baking powder
- 4 cup milk
- 2 pack vanillin
- 2 cup water
- 1 cup wheat starch
- 1 pack whipped cream

Instructions

- 1 Prepare the vanilla syrup**

Combine 4 cups water and 2 cups sugar in a medium saucepan. Bring to a boil over high heat, stirring until sugar dissolves completely.
- 2** Reduce heat to medium-low and simmer for 15 minutes until syrup lightly coats the back of a spoon. Remove from heat, stir in 1 pack vanilla extract, and set aside to cool completely while you prepare the cake.
- 3 Make the sponge cake**

Preheat oven to 160°C (320°F). Generously grease a 9x13 inch baking dish with butter or oil.
- 4** Beat 3 eggs and ½ cup sugar in a large bowl with an electric mixer for 3-4 minutes until pale and fluffy. The mixture should fall in ribbons when the beaters are lifted.
- 5** Add 1 cup milk and 1 cup oil to the egg mixture, beating until combined. Gradually fold in 2 cups flour until just mixed and no lumps remain.
- 6** Pour batter into the prepared baking dish and bake for 25-30 minutes until golden brown and a toothpick inserted in the center comes out clean.
- 7 Soak the cake**

While the cake is still hot, poke holes all over the surface with a fork. Slowly pour the cooled vanilla syrup evenly over the entire cake,

allowing it to absorb completely.

8 Make the custard topping

Combine 2 cups milk, 2 packs wheat starch, 1 cup sugar, and 1 pack vanilla in a medium saucepan. Whisk constantly over medium heat for 5-8 minutes until mixture thickens to a pudding-like consistency that coats the whisk.

9 Remove custard from heat and let cool for 10 minutes, stirring occasionally to prevent a skin from forming. The custard should still be slightly warm but not hot.

10 Assemble and chill

Spread the warm custard evenly over the cooled, syrup-soaked cake using an offset spatula. Sprinkle the entire surface generously with shredded coconut.

11 Refrigerate for at least 3 hours or overnight until completely set before cutting into squares and serving.

Tips

Ensure the syrup has completely cooled before pouring it over the hot cake to prevent the cake from becoming soggy and falling apart.

Pierce the cake lightly with a fork before adding the syrup to help it absorb more evenly throughout the entire cake layer.

When making the custard, whisk constantly over medium-low heat to prevent lumps from forming and ensure a silky smooth texture.

Chill your mixing bowl and beaters for 15 minutes before whipping the cream to achieve better volume and stability.

Press plastic wrap directly onto the surface of the custard while it cools to prevent a skin from forming on top.

For the cleanest cuts, dip your knife in warm water and wipe clean between each slice when serving.

Allow the dessert to rest in the refrigerator for at least 3 hours, but preferably overnight, for the best flavor development and texture.

Toast the coconut lightly in a dry pan before sprinkling on top for enhanced flavor and visual appeal.