

PRESS RELEASE

Istanbul Grill California Publishes a Guide to Turkish Baklava

Istanbul Grill California - Mediterranean Restaurant & Catering

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FOUNTAIN VALLEY, CA - Istanbul Grill California has published a reader guide to Turkish baklava, dated October 29, 2026. The article explains the pastry from the first sheet of dough to the last bite. It covers history, regional styles, serving customs and home storage in plain language.

The guide was written for diners who know baklava by sight but have never seen how it is built. The full article is available in the restaurant's baklava guide , and more about the restaurant is available from Istanbul Grill California .

The article describes baklava as many layers of very thin dough, called phyllo in English and yufka in Turkish, brushed with butter and filled with finely chopped nuts. After baking, hot pastry meets cool syrup, which soaks into the lower layers while the upper sheets stay crisp and flaky. The restaurant notes that the tray is cut before it goes into the oven so the syrup can reach every layer.

A four step infographic walks readers through the method. Sheets are layered and buttered one by one, a generous layer of crushed pistachios is added in the middle, the cut tray is baked until golden, and syrup is poured over the hot pastry and left to absorb. The result, according to the guide, should be crisp above and moist at the bottom without turning soggy.

"We wrote the guide for guests who want to see how a tray of baklava is layered, baked and soaked in syrup before it reaches the table," said Okan Ustun, founder of Istanbul Grill California. "It also explains how to serve and store the pastry at home."

The history section traces the modern form of the dessert to the palace kitchens of Topkapi in Istanbul during the Ottoman era. It also points to Gaziantep in southeastern Turkey as the home of pistachio baklava, and explains that the dessert remains a fixture of holidays, weddings and family visits, especially during Ramadan and the Eid holidays.

Readers will also find a table of common Turkish styles, from classic squares and carrot slice wedges to rolled sarma and the chilled soguk version soaked in milk syrup. A side by side comparison explains that Turkish baklava usually relies on pistachios and a light sugar syrup with lemon, while Greek baklava often uses walnuts, honey and cinnamon.

Practical sections cover serving and storage. The guide recommends eating baklava at room temperature, often with a glass of tea, and keeping it in an airtight container at room temperature for up to about a week, or frozen for up to about three months. It also notes that the pastry contains tree nuts, wheat and butter, and asks guests with food allergies to tell their server.

The restaurant serves classic pistachio baklava every day from 10 AM to 1 AM, along with two homemade Turkish puddings, sutlac and keskul. The full dinner menu lists the desserts alongside the kebab and grill dishes.

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