



A RECIPE BY ANNA POLYVIUO

CARAMEL LOUKOUMADES

Popping Caramel Popcorn

PROVE

45 min

SYRUP

2–3 min simmer

SAUCE

Salted caramel

SERVE

Warm



MEET ANNA

Award-winning pastry chef, cookbook author and TV personality with a signature hot pink mohawk. Anna trained at Pierre Hermé in Paris and Claridge's in London, led pastry at Shangri-La Hotel Sydney for 7.5 years and spent five years as a guest judge on MasterChef Australia. Her first shop, POLYVIUO, opens at the end of 2026.

INSTAGRAM @annapolyviou

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INGREDIENTS

LOUKOUMADES DOUGH

- 3½ cups (500 g) all-purpose flour
- 2 tsp fine sea salt
- 2 tsp caster sugar
- 2 tsp (6 g) dried yeast
- 1⅔ cups (400 ml) warm water
- 3 tbsp + 2 tsp (40 ml) extra virgin olive oil
- Vegetable oil, for frying

HONEY SYRUP

- 200 g (¾ cup) honey
- 60 ml (¼ cup) water
- 40 g (3 tbsp) caster sugar
- 20 ml (1 tbsp + 1 tsp) lemon juice
- 2 strips orange zest
- 1 cinnamon stick

SALTED CARAMEL

- 160 g brown sugar
- 85 g unsalted butter, chopped
- 225 ml cream
- Pinch of sea salt flakes

TO SERVE

- Ground cinnamon, for dusting
- Candied caramel popcorn

METHOD

THE DOUGH

- 1 Mix.** In a bowl, mix the flour, salt, sugar and yeast.
- 2** Add the warm water and olive oil, then mix until smooth.
- 3 Prove.** Cover and rest the batter in a warm place for 45 minutes until bubbly.

HONEY SYRUP

- 4 Simmer.** Add the honey, water, sugar, orange zest and cinnamon to a saucepan. Simmer for 2–3 minutes until slightly thickened.
- 5** Remove from the heat and stir in the lemon juice. Remove the zest and cinnamon, then keep warm.

SALTED CARAMEL

- 6** Place the brown sugar, butter and cream in a medium saucepan over medium-high heat and bring to the boil. Add the sea salt at the end.

ASSEMBLE

- 7 Fry.** Fry the loukoumades, drizzle with honey syrup and dust with cinnamon.
- 8 Plate.** Pour the caramel sauce on the base, add the loukoumades, then finish with candied popcorn.

CRAB LOUKOUMADES · WHIPPED FETA, CHILLI HONEY · ASSEMBLE

- 1 Fry.** Fry the loukoumades, then drizzle with chilli honey and sea salt.
- 2 Plate.** Pipe whipped feta on the base, add the crab mixture on top, then the loukoumades and micro herbs.