

Maamoul Biscuits

Meal Type: Dessert
Country of Origin: Syria
Preparation time: 1 hour
Cooking time: 45 minutes
Type: Vegetarian
Difficulty: Moderate ☆ ☆ ☆
Serves: 25-30 biscuits



Maamoul Biscuits

Method

Making the Dough

Place 1kg of flour in a plastic container and add 500g of Margarine

Knead until the flour becomes like a paste

Then spread dough out across tray evenly so the tray is completely covered and then place in the fridge for 30 minutes

Making the Syrup

In a bowl place 2 cups of boiling water

Add 4 cups of sugar and 1 tbsp of lemon juice

Mix until all sugar is dissolved

Nut Stuffing

Place 250g of nuts in a bowl

Then add 1 teaspoon of icing sugar, 1 teaspoon of margarine and a quarter cup of syrup

Mix ingredients together by hand

Once mixed then create small balls (roughly 10g each) and place on a tray

Then place in the fridge

Pistachio Stuffing

Place 250g of pistachios in a bowl

Then add 1 teaspoon of icing sugar, 1 teaspoon of margarine, 2 tablespoons of blossom water and a quarter cup of syrup

Mix ingredients together by hand

Once mixed then create small balls (roughly 10g each) and place on a tray

Then place in the fridge

Date Stuffing

Place 250g of minced dates into a bowl

Then add 1 teaspoon of margarine and a 1 tbsp of syrup

Mix ingredients together by hand

Once mixed then create small balls (roughly 10g each) and place on a tray

Ingredients

Dough

1 kg flour
200g sugar
1 cup cold water
500g margarine

Stuffing

250g Nuts i.e. Walnuts
250g Mashed Dates
250g Fresh Pistachio (minced)
2 tbsp Blossom Water
2 tsp Icing Sugar
3 tsp Margarine (1 tsp per stuffing)

Syrup

2 cups Water
4 cups Sugar
1 tsp Lemon Juice

Then place in the fridge

Steps

Take the dough from the fridge and remove from the tray

Place the dough in a plastic container and knead it again

Extend the dough in the container and pour a cold cup of water (near freezing) onto dough with 200g of sugar

Mix together but avoid rubbing or kneading them, just enough to make the dough absorb the water and sugar.

Preheat oven to 250 degrees.

Sprinkle some flour over a chopping board then place the dough on top.

Roll the dough to approx. 8 mm thickness

Cut the dough into small pieces and make balls (roughly 20g each) to match the size of the biscuit moulds

Take a dough ball and spread it in the palm of your hand. Place a ball of stuffing onto it and then close the dough ball so the stuffing is completely covered.

Place the ball in the mould and compress it inside the mould to ensure it takes its shape.

Remove from the mould by gently tapping the mould on the table so it drops out and maintains its shape.

Do this process for all the stuffing balls.

Put all moulded pieces onto a cooking tray. Place this tray into the preheated oven. Bake them until lightly browned then rotate the tray and bake until they are evenly coloured.

Lightly sprinkle icing sugar onto the Maamoul

They are now ready to serve and enjoy.