

Israeli cooking class with Adi and Revital

Ma'amoul

Flour Ingredients:

- 0.90 lb margarine (3.5 sticks)
- 1/2 cup sugar
- 0.5 teaspoon rose water (or vanilla extract)
- 2 big tablespoon of baking powder
- 3/4 cup water
- 2.2 lb flour (7 cups)
- Confectioner's sugar (decoration)

Filling Ingredients:

Dates:

- 1.1 lb chopped dates
- 1 spoon canola oil

Walnuts:

- 2 cups ground walnuts
- Half teaspoon cinnamon
- 2 spoons sugar

Directions:

1. In a pan, put 1 spoon of canola oil and then add chopped dates on a medium- low heat so they won't burn. Press and crush the dates with 2 forks until they stick together, and they get to a dough texture. Remove them from the stove and let it cool.
2. In a mixing bowl, add the flour, sugar, rose water, baking powder and margarine. Start mixing at a low speed, slowly add the water (add a little bit of water only if needed).
3. Pre-heat the oven to 355 degrees.
4. With the date mixture make small balls. Place them on a plate.
5. Take a piece of the dough and make small ball. Then, flatten it as thin as you can.
Date filling: place the date ball in the middle, turn it upside down, and cover the date ball with the dough. Remove the extra dough.
Walnut filling: in a bowl, mix walnuts, cinnamon and sugar. Once the dough is flat, form it into a bowl shape and add 1-2 teaspoons of the walnut mix. Close it into a shape of an ellipse (different from the date filling).
6. With the Ma'amoul pincher, create the decoration. Afterwards press a little bit on the Ma'amoul and place it on the baking sheet with parchment paper.
7. Plastic or wood Ma'amoul pincher: once the dough is flat, place it in the Ma'amoul pincher and attach to the sides, place the date ball or 1-2 teaspoon of the walnuts mix and cover it with the dough from the sides.
8. Put the Ma'amouls in the oven until they become light gold color (between 15-30 minutes).
9. After they cool down, dust with confectioner's sugar.



Ma'amoul pincher



Wooden Ma'amoul pincher