



MAAMOUL SITTI BY DATES AND WHEAT

Nutrition Facts Per 100 Grams: Calories 458, Protein 7g, Carbs 72g, Fat 16.5g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 30 min, **Baking time** 10 min



INGREDIENTS

Dry Semolina Mix (Semolina,
flour, sugar, fennel, anise,
mistka, mahlab, sesame)
Dates Paste

Butter
Milk
Vegetable Oil
Pattern Mold

METHOD

Preparing the Dough

1. Leave the butter on counter until it becomes room temperature. (Do not melt over stove or microwave).
2. Place dry mix in a large bowl and add softened butter, milk and oil.
3. Mix and knead by hand until fully homogeneous. You should get a soft coherent dough
4. Divide dough into balls about 20 grams each.
5. Divide the dates past into smaller balls 12 – 15 grams each.
6. Spread the dough on your hand into a circular shape.
7. Place dates ball inside circular dough & then wrap the edges around it, seal.
8. Line baking trays with baking sheets to avoid slipping.
9. Arrange stuffed doughs on lined trays leaving enough space between each.
10. Gently press the stamp mold on each stuffed dough to shape it.

Baking

Baking technique is essential for successful Maamoul. It is highly preferred to use electric oven if possible.

11. Preheat oven to 250C, turn on the top grill on high. Place oven shelf in the second slot from the bottom. Make sure your oven has even heat distribution. It is highly recommended to use oven thermometer if available.
12. Once oven is heated through, place the tray on the oven shelf and bake for 4 minutes.
13. Watch the Maamoul, it is done when it turns golden all over. If not bake for an additional minute.
14. Remove tray from oven and allow to cool to room temperature before serving.

Ingredients should yield around 90 pieces.

METHOD

