

Semolina Cookies

Lokoumia Paraye Mista

INGREDIENTS:

Servings: about 5 dozen

Fine semolina	3 cups
Warm water	1 cup
Melted butter	11 oz

Water	1 cup
Cinnamon stick	1
Rose water or orange water	1/4 cup

Stuffing:

Coarsely ground almonds	1 3/4 cups
Caster sugar	3/4 cup
Ground cinnamon	2 tsp
Nutmeg	pinch, optional

Confectioner's sugar	as needed
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TOOLS:

Bowls
Wooden spoon
Plastic wrap
Saucepan
Baking sheet
Pastry brush

INFO:

These cookies are so popular that Cypriot children go to school with their pockets full of them, and even sophisticated businessmen and women carry small bags of them to eat during the workday.

TIME:

prep time : 01:10
cook time : 00:25

PREPARATION:

Put the semolina in a bowl and add the warm water and the melted butter. Mix well with either a wooden spoon or your hands. Cover with plastic wrap and leave for at least 6 hours, preferably overnight.

Boil 1 cup of water, add the cinnamon stick, and continue boiling for 2-3 minutes. Remove the cinnamon stick and pour the water over the semolina mixture. Add the rose or orange water. When cool enough to handle, knead the semolina mixture until it is a firm and workable dough. Add some water if the dough is too crumbly, or some flour if it is too soft. In a bowl, combine the almonds, superfine sugar, cinnamon and nutmeg.

Preheat the oven to 400° F.

Tear off small pieces of dough and shape into a ball roughly the size of a walnut. Make a hole in the center of each ball. Fill the holes with the nut filling, close and shape into an oval. Another way to stuff the cookies is to flatten a piece of dough with the palm of your hand, place a little stuffing in the center, fold the dough, and then seal it. After it is sealed, use your fingers to shape the dough into an oval. Place the cookies on an ungreased baking sheet and bake until the cookies begin to color, approximately 20-25 minutes.

Remove the cookies from the oven and, while still hot, brush with rose water then sprinkle with confectioners' sugar. Let cool and then store in a sealed container.