

01/19/13 - Borekas With Nuts and Honey Syrup

In response to a recent comment I am posting this recipe. I posted one years ago and I think this may be a little different. Enjoy.

This little nut filled *boreka*, with a slightly sweet crisp crust, is simmered in syrup flavored with honey and lemon after baking. Since anything containing honey is evocative of having a sweet New Year, it is traditional to serve these and other honey pastry such as baklava for Rosh Hashanah or . *are also served for*

Dough:

4 and 1/3 cups flour

1/2 cup almond flour

1/3 cup sugar

1/2 teaspoon salt

3/4 cup safflower oil

1 egg

2/3 cup cold water

Place dry ingredients in work bowl of food processor. Pulse once to blend. Add liquid ingredients and process a few moments until dough gathers into a ball. Remove dough from processor. Divide dough into 50 to 55 little pieces. Roll each piece into a smooth ball. Let dough balls rest for 5 to 10 minutes. In the meantime, prepare filling.

Filling:

2 cups almonds, ground

1 cup pistachios, ground

1 cup pecans, ground

1/2 cup sugar

4 teaspoons honey

1/2 cup fresh orange juice

Zest from one large orange or tangerine

1 teaspoon cinnamon

Heat oven to 350° F. I use a small mini processor and grind my nuts 1 cup at a time. It is best to use frozen nuts. I put a teaspoon of sugar in the processor while I grind nuts; it helps them to process more uniformly. Measure nuts after they are ground. Mix ground nuts, sugar, honey, juice, and cinnamon together. The filling should be sticky and pliable.

Next, using a rolling pin, roll out each ball of dough to about 2 and 1/2 inches in diameter. Place a small spoon of filling in each one. To close, *fold in half and seal. Place on a silpat or parchment lined cookie sheet and bake on middle rack in oven for about 30 minutes until done. They will be very pale in color not deep golden. While are baking, make the syrup.*

Syrup:

3 cups sugar

1 and 1/2 cups water

3/4 cup honey

2 tablespoons fresh lemon juice

Place sugar, water, and honey in a heavy bottomed sauce pan. Heat on medium low until sugar dissolves and honey liquefies. Increase temperature to medium high and boil syrup until 223°F candy thermometer or threads stage. If you don't have a candy thermometer, put a bit of hot syrup between your thumb and index finger, touch your fingers and then, pull your fingers apart. You should see threads almost form. I find it best to use a candy thermometer, less finger burning that way. Once syrup is the right temperature, add lemon juice and turn heat down to lowest setting. When come out of the oven, use a spoon or tong to gently dunk each one in syrup for a few moments, turn, and remove to a plate. I use a very small sauce pan, because I like the syrup as deep as possible. Place 6 in the syrup at a time,

so not to overcrowd them.

Set boiled in a storage container but leave the lid off until they are fully cool. Store them, sealed and wrapped tightly, in a cool dry place for a couple of weeks.

If you prefer you may use all ground walnuts.

Enjoy with tea or coffee.

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