



# Melomakarona (Christmas Honey Cookies)

Melomakarona are one of the most popular treats in Greece

And Cyprus during the Christmas Holidays with their intense homely smell full of cloves, cinnamon and nutmeg making every house smelling like Christmas!

The word “melomakarona” is a combination of the two words “meli”, which means honey and “makarona”. “Makarona” comes from the ancient word “makaria” and means blessed.

#### TIPS AND TRICKS:

1. Don't overwork the dough
2. Always dunk the hot Melomakarona in cold syrup
3. Use semolina in the dough

Prep Time: 30 minutes

Cook Time: 20 minutes

Total Time: 50 minutes

Yield: 50 pieces

#### Εξοπλισμός:

- Gloves
- Whisk
- Bowls
- Parchment paper
- Spoons
- Grinder
- Forks
- Slotted spoon

\*Allergens: Walnuts, gluten



## Ingredients

### For the melomakarona

1. ½ cup fine semolina
2. 1 kg Baking Flour
3. 125gr. Vegan butter
4. 1 tbsp baking powder
5. 1/2 cup orange juice
6. 1 tbsp baking soda
7. ½ cup cognac
8. ½ cup sugar
9. 1 flat tbsp powdered cinnamon
10. 1 flat tsp clove (powder)
11. 1 ½ cup vegetable/sunflower oil
12. 3 tbsp honey
13. zest of 3 oranges

### For the syrup:

- 2 cups water
- 2 cups sugar
- 2 cinnamon sticks
- 5-6 whole cloves
- 1 orange, cut in quarters
- 1 Lemon cut in Quarters
- 2 cups honey

### To garnish

- 200g chopped walnuts
- Extra honey (optional)

## Instructions

### Syrup:

- Start by making the syrup first. In a pot add all the ingredients for the syrup, besides the honey and bring to the boil. Boil for 3-4 minutes, until the sugar has dissolved and remove from the stove. Stir in the honey and set aside to cool completely.

### Melomakarona Cookies:

1. In a bowl add the semolina, flour and baking powder and mix with a whisk to combine.
2. In another large bowl oil, the butter, the cognac, the sugar and spices (cinnamon, clove) and mix.
3. Add the baking soda to the orange juice, and whisk immediately for 5-10 seconds until the ingredients combine and the baking soda dissolves and starts to foam.
4. Pour in the bowl the orange zest and honey and whisk to combine.
5. Now it's time to combine the two mixtures and start kneading the dough for the melomakarona. Knead the dough for the melomakarona using your hands, until the ingredients combine and the dough is smooth and soft and slightly sticky. Be careful not to overwork the dough as they will become tough.
6. Preheat the oven at 180C



7. Layer the bottom of 4 large baking trays with parchment paper and start shaping the melomakarona.
8. Pinch a portion of dough about the size of a walnut – 30g and shape with your palms into a smooth oblong shape, like a small egg.
9. Place on the baking tray, push lightly the top with a fork and pierce three times on top about half way through the dough. Continue with the rest of the dough.
10. Bake for approx. 15-20 minutes, until the melomakarona are lightly and evenly browned and cooked through. (If you've made them bigger, you'll need to bump up the cooking time!!)
11. When the melomakarona come out of the oven, dip them immediately in the cold syrup, flipping them with a slotted spoon to absorb the syrup for approx. 10-20 seconds, depending on how syrupy you like them. Remove the cookies using a slotted spoon, place on a platter and sprinkle with chopped walnuts.

While you are dipping your first couple of trays in the syrup add the next two in the oven to bake. Don't forget to set your timer!!

Store the melomakarona at room temperature in an airtight container. They will keep for all your Christmas Holidays!

