

LOVE THY CARROT

real food made with love

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GRANDMA FLO'S HAMANTASCHEN RECIPE

INGREDIENTS FOR THE DOUGH

3 cups flour
3 eggs, (medium)
1/2 cup sugar
3/4 cup butter or margarine
1/4 tsp salt
3 tsp baking powder

DIRECTIONS FOR THE DOUGH

1. Stir together baking powder, flour, sugar and salt; cut in shortening.
2. Add well beaten eggs and mix well to a soft dough.
3. Allow dough to sit for 10 minutes before rolling.
4. Roll out on floured board to a quarter inch thickness.
5. Cut with large, round cookie cutter.
6. Put a spoonful of desired filling in centre and pinch together to form triangular pocket.
7. Brush with egg, put on well-greased pan and bake 12 to 15 minutes in 400 degree oven.

INGREDIENTS FOR THE POPPY SEED FILLING

1/2 lb of poppy seeds
1/2 cup honey
lemon zest of half a lemon or 1 tsp vanilla
1/2 cup sugar

DIRECTION FOR THE POPPY SEED FILLING

1. Scald poppy seeds with boiling water two or three times.
2. Put in food processor and blend for a few seconds.
3. Add sugar, honey and lemon zest or vanilla and blend well.

INGREDIENTS FOR THE PRUNE FILLING

1 lb large prunes, pitted
1 tbsp lemon juice
zest from one lemon
1/2 cup sugar

DIRECTION FOR THE PRUNE FILLING

1. Stew prunes until soft.
2. Put in food processor with sugar and lemon and lemon zest.
3. Blend until just combined.
4. If too mushy add 2 tbsp of chopped nuts.