



Apricot Hamantaschen



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 cups apricot dried
- ☐ 1 cup eggs
- ☐ 2 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon lemon zest freshly grated
- ☐ 1 teaspoon orange zest freshly grated
- ☐ 1.5 cups sugar

☐ 0.8 cup walnut pieces chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ colander
- ☐ cutting board

Directions

- ☐ Soak the apricots.
- ☐ Place the apricots in a medium bowl.
- ☐ Add boiling water to cover and set aside to soak for 1 hour.
- ☐ Mix the dough.
- ☐ Whisk together the flour and baking powder in a medium bowl.
- ☐ Whisk together the eggs, 1 cup of the sugar, and the lemon zest and orange zest in a large bowl, whisking until the sugar is dissolved and the mixture is creamy and foamy. Sift the flour mixture into the egg mixture, stirring together with a wooden spoon until combined and a dough forms. Wrap the dough in plastic wrap and refrigerate for 1 hour.
- ☐ Make the filling.
- ☐ Drain the apricots in a colander, stirring to eliminate the surface water, and then blot dry on paper towels.
- ☐ Transfer them to a chopping board or bowl and finely chop.
- ☐ Mix the apricots, walnuts if using, and the remaining 1/2 cup sugar in a medium bowl, stirring until well combined.

- ☐ Make the cookies. Preheat the oven to 350°F. Spray two baking sheets with nonstick cooking spray.
- ☐ Roll out the dough on a lightly floured board to 1/4-inch thickness.
- ☐ Cut out 3-inch circles (use a biscuit cutter).
- ☐ Place a generous spoonful of filling in the center of each circle, then fold up three sides so the cookie looks like a 3-cornered hat, pinching the dough edges together but leaving the center open as shown in the photo. Gather the dough scraps and reroll; cut and fill in the same way. Arrange the cookies on the prepared baking sheets and lightly brush with the egg wash, which will give them a nice color.
- ☐ Bake until the pastry is golden brown—20 to 25 minutes.
- ☐ Transfer the cookies from the baking sheets to wire racks to cool.
- ☐ Sandwich Cookies Are Nice, Too For a different presentation (especially if you like to save the hat shape for Purim), make these into sandwich cookies. Use a small cutter to remove the centers from half the circles you cut out.
- ☐ Spread the filling over the whole circles and place a cutout circle on top of each one.
- ☐ Bake as above. You can dust the cooled cookies with confectioners' sugar if you wish. Use Almonds for Passover This recipe can easily be transformed for serving at Passover. Simply substitute ground blanched almonds for the flour and omit the baking powder, and mix as directed for the Hamantaschen. The dough will be too sticky to roll out so choose one of the following options to shape and bake the cookies. Thumbprint cookies. Wrap the dough in plastic wrap and refrigerate for 2 hours. Pinch off walnut-size pieces, roll into balls, and arrange on a baking sheet, pressing a hollow into the center of each with your thumb. Fill the hollows with the apricot filling and bake for 15 minutes. Slice-and-bake cookies. Shape the dough into a log about 2 inches in diameter and wrap in plastic wrap; freeze overnight. Slice 1/4-inch thick and bake for 12 minutes. Make into sandwich cookies with the apricot filling if you wish.
- ☐ From The New Jewish Table: Modern Seasonal Recipes for Traditional Dishes by Todd Gray and Ellen Kassoff Gray with David Hagedorn. Text copyright © 2013 by Todd Gray and Ellen Kassoff Gray; photographs copyright © 2013 by Renee Comet. Published by St. Martin's Press.

Nutrition Facts



Properties

Glycemic Index:9.68, Glycemic Load:18.33, Inflammation Score:-5, Nutrition Score:5.8586956690187%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 169.04kcal (8.45%), Fat: 3.26g (5.01%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 32.51g (10.83%), Net Carbohydrates: 30.64g (11.14%), Sugar: 19.4g (21.55%), Cholesterol: 42.53mg (14.18%), Sodium: 39.62mg (1.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin A: 687.33IU (13.75%), Selenium: 9.04µg (12.91%), Manganese: 0.24mg (12.18%), Folate: 36.69µg (9.17%), Vitamin B1: 0.13mg (8.78%), Vitamin B2: 0.14mg (8.44%), Iron: 1.45mg (8.06%), Fiber: 1.87g (7.48%), Potassium: 245.84mg (7.02%), Copper: 0.14mg (6.8%), Vitamin B3: 1.35mg (6.76%), Phosphorus: 65.22mg (6.52%), Vitamin E: 0.9mg (6%), Magnesium: 14.83mg (3.71%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.07mg (3.33%), Calcium: 33.04mg (3.3%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.23µg (1.52%)