



Cheese- or Walnut-Filled Crepes (Atayef)

READY IN



45 min.

SERVINGS



24

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tsp baking soda
- ☐ 10 oz akkawi cheese mixed with half of the mozzarella (desalted)
- ☐ 2 tsp cinnamon
- ☐ 2.5 cups flour
- ☐ 3 oz mozzarella cheese fresh grated
- ☐ 1 tsp yeast dry instant
- ☐ 2 Tbsp orange blossom water
- ☐ 1 orange zest
- ☐ 24 servings vegetable oil; peanut oil preferred for deep-frying

- ☐ 0.5 cup ground pistachios
- ☐ 2 cups rose syrup
- ☐ 1 Tbsp rosewater
- ☐ 1 pinch salt
- ☐ 1 Tbsp sugar
- ☐ 1 cup walnuts chopped
- ☐ 3 cups water lukewarm

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ To prepare the walnut filling, mix the walnuts, sugar, zest, cinnamon and orange blossom water. Set aside. To prepare the cheese filling, I start the process the night before. Desalt the akkawi cheese by slicing thin and immersing in cold water, leaving it to soak.
- ☐ Drain and change the water again after 1 hour, repeating five or six more times to get rid of all the salt. Taste the cheese before using it to ensure no saltiness remains.
- ☐ Mix the 2 cheeses, sugar and rosewater and set aside in a colander to drain any excess water.

- ☐ Put the flour into a large bowl.
- ☐ Mix in the salt, sugar and yeast.
- ☐ Pour in the water gradually and beat vigorously with a whisk.
- ☐ Beat in the baking soda. The batter should be creamy and pourable. Cover and leave aside to rise for 1 hour.
- ☐ Spread a clean lint-free tea towel on a cookie sheet and set aside.
- ☐ Heat a nonstick heavy-bottomed frying pan.
- ☐ Whisk the batter a little before ladling 1/4 cup in the pan to make 4-inch disks. Cook only on one side. Bubbles will start to form; they are ready when there are no more shiny wet spots on the top (about 1–2 minutes).
- ☐ Place each atayef, browned side down, on the tea towel to cool completely.
- ☐ Take one atayef and cup it in your hand. Fill it with either one of the fillings. Bring the edges together to form a crescent, pinching around the edges with a little firmness to keep the filling enclosed. Fill the remaining and set aside while you prepare your "workstation."
- ☐ Pour 2 cups of rose syrup in a deep bowl. Line a plate with paper towels.
- ☐ Heat the oil in a heavy-bottomed saucepan to 350°F on the thermometer. Deep-fry the filled atayef no more than four at a time until golden brown on both sides.
- ☐ Remove with a slotted spoon and place on the paper towels. While hot, slide a couple at a time into the cool syrup for 1 minute to absorb.
- ☐ Remove with another slotted spoon.
- ☐ Serve hot, garnished with pistachios.
- ☐ Baking option
- ☐ Preheat oven to 400°F.
- ☐ Place the atayef in a shallow baking dish.
- ☐ Brush with clarified butter on both sides.
- ☐ Bake until golden and crisp, turning over halfway.
- ☐ Remove and pour the cool syrup over the hot atayef.
- ☐ Garnish with pistachios.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:7.79, Inflammation Score:-6, Nutrition Score:10.462608682073%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 296.78kcal (14.84%), Fat: 23.33g (35.89%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 12.88g (4.68%), Sugar: 1.21g (1.35%), Cholesterol: 14.61mg (4.87%), Sodium: 155.92mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin C: 45.98mg (55.73%), Manganese: 0.43mg (21.72%), Vitamin E: 3.02mg (20.12%), Fiber: 3.7g (14.78%), Calcium: 132.62mg (13.26%), Selenium: 8.8µg (12.58%), Vitamin A: 616.51IU (12.33%), Phosphorus: 117.66mg (11.77%), Vitamin B1: 0.16mg (10.81%), Vitamin B2: 0.16mg (9.48%), Folate: 36.15µg (9.04%), Copper: 0.15mg (7.62%), Magnesium: 25.47mg (6.37%), Zinc: 0.88mg (5.88%), Iron: 1.02mg (5.68%), Vitamin B3: 1.06mg (5.32%), Vitamin B6: 0.1mg (4.81%), Potassium: 122.13mg (3.49%), Vitamin B12: 0.21µg (3.43%), Vitamin K: 3.44µg (3.28%), Vitamin B5: 0.26mg (2.57%)