



Hamentashen

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons brandy
- ☐ 1 eggs lightly beaten
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- ☐ 2 large eggs plus 1 egg yolk
- ☐ 4 cups flour
- ☐ 0.3 cup honey
- ☐ 0.5 juice of lemon

- ☐ 0.5 juice of orange
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup milk
- ☐ 0.8 cup poppy seeds fresh see Cook's Note
- ☐ 0.5 cup raisins
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 4 tablespoons sugar
- ☐ 0.7 cup vegetable oil

Equipment

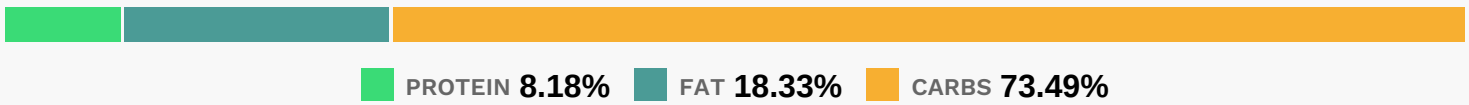
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ In a medium bowl, stir together the flour, baking powder and salt; set aside. In a large bowl, whisk the oil, eggs, egg yolk, sugar, zest, both juices and brandy until smooth. Gradually stir in the flour mixture until a sticky dough is formed. Wrap in plastic wrap, flatten into a disk and chill overnight.
- ☐ When ready to bake, preheat oven to 375 degrees F.

- ☐ Working with about one quarter of the dough at a time and leaving the remaining in the refrigerator, roll on lightly floured surface a little less than 1/4-inch thick.
- ☐ Cut circles (or other fun shapes) using cookie cutters 2 1/2 to 3 inches.
- ☐ Place a spoonful of filling in center (about 1 teaspoon per cookie) and then pinch one side up. Turn and pinch second and then third to make a triangular shape. Leave a little bit of the filling showing at the top. For non-traditional shapes, use your imagination: tubular, squares, bite-size or even some flat cookies depressed in the center with a bit of filling there.
- ☐ Place cookies on parchment paper on cookie sheet, brush with a little beaten egg for sheen and bake until nicely browned, 10 to 15 minutes.
- ☐ Keep room temp in airtight container but consume within 3 to 4 days, tops.
- ☐ Combine everything except the lemon zest and juice and the beaten egg into a saucepan and cook over moderate heat until thick, 10 to 15 minutes. Stir often.
- ☐ Add zest and juice. Take a bit of the filling and mix it into the beaten egg. Repeat, then mix the egg mixture into the pot of filling. Cool overnight.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:14.51, Inflammation Score:-2, Nutrition Score:3.7934782194055%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 119.45kcal (5.97%), Fat: 2.44g (3.75%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 21.04g (7.65%), Sugar: 9.17g (10.19%), Cholesterol: 19.7mg (6.57%), Sodium: 47.57mg (2.07%), Alcohol: 0.28g (100%), Alcohol %: 0.87% (100%), Protein: 2.45g (4.89%), Manganese: 0.24mg (12.19%), Selenium: 6.41µg (9.16%), Vitamin B1: 0.13mg (8.98%), Folate: 30.12µg (7.53%), Vitamin B2: 0.1mg (5.76%), Iron: 1.01mg (5.62%), Calcium: 53.05mg (5.31%), Phosphorus: 51.78mg (5.18%), Vitamin B3: 0.87mg (4.37%), Fiber: 0.95g (3.8%), Copper: 0.06mg (3.23%), Magnesium: 11.89mg (2.97%), Zinc: 0.34mg (2.27%), Potassium: 59.82mg (1.71%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.55µg (1.48%), Vitamin B6: 0.03mg (1.3%), Vitamin C: 1.01mg (1.22%), Vitamin E: 0.16mg (1.1%)