



Phoenician Honey Cookies (Biscuits)

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda (bicarbonate of soda)
- ☐ 40 servings butter for greasing
- ☐ 40 servings equal quantities olive and corn oil for deep-frying
- ☐ 0.5 cup honey (120 ml / 4 fl oz)
- ☐ 0.5 tablespoon lemon zest grated
- ☐ 1.5 tablespoons olive oil
- ☐ 1.8 cups flour plain all-purpose (200 g / 7 oz) ()
- ☐ 1 pinch salt

- ☐ 1.3 cups caster sugar (250 g / 9 oz) (caster)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 40 servings walnuts finely chopped for sprinkling

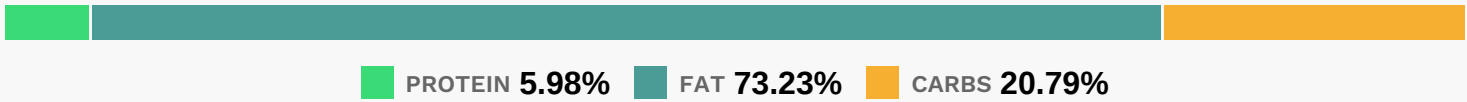
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 400°F (200°C/Gas Mark
- ☐ and grease 2 cookie sheets (baking trays) with butter. Sift together the flour and salt into a large bowl and make a well in the center.
- ☐ Add the sugar, oil, lemon zest, and vanilla. Stir the baking soda into 5 tablespoons water in a bowl and pour into the well. Using a spoon, gradually incorporate the dry ingredients, then knead gently to a soft and pliable dough, adding a little more water if necessary. Break off small pieces of dough and roll into cylinders the size of your thumb, then press lightly to flatten.
- ☐ Put them onto the prepared baking sheet, spaced well apart, and bake for 20–25 minutes, or until lightly golden.
- ☐ Remove from the oven. To make the syrup, put the sugar, honey, and 1 1/4 cups (300 ml / 1/2 pint) water into a pan and bring to a boil. Boil for 5 minutes, then remove from the heat.
- ☐ Pour a mixture of equal parts olive and corn oil into a heavy pan to a depth of 3 inches (7.5 cm) and heat it to 375°F (190°C), or until a cube of bread browns in 30 seconds. Carefully drop batches of the cookies into the hot oil and fry for a few minutes, until golden brown.
- ☐ Remove with a slotted spoon, drain well, and drop into the hot syrup.
- ☐ Let absorb syrup for 3–4 minutes.
- ☐ Remove with a slotted spoon, transfer to a serving platter, and sprinkle with finely chopped walnuts.

Nutrition Facts



Properties

Glycemic Index:6.68, Glycemic Load:9.62, Inflammation Score:-4, Nutrition Score:8.065217298658%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 329.08kcal (16.45%), Fat: 28.21g (43.41%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 15.85g (5.76%), Sugar: 10.53g (11.7%), Cholesterol: 10.75mg (3.58%), Sodium: 75.12mg (3.27%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 5.18g (10.36%), Manganese: 1.07mg (53.26%), Copper: 0.49mg (24.35%), Magnesium: 48.81mg (12.2%), Phosphorus: 111.09mg (11.11%), Folate: 39.65µg (9.91%), Vitamin B1: 0.15mg (9.7%), Fiber: 2.17g (8.7%), Vitamin B6: 0.16mg (8.24%), Vitamin E: 1mg (6.66%), Zinc: 0.98mg (6.53%), Iron: 1.15mg (6.4%), Selenium: 3.45µg (4.92%), Vitamin B2: 0.08mg (4.51%), Potassium: 141.88mg (4.05%), Vitamin B3: 0.67mg (3.33%), Calcium: 31.85mg (3.18%), Vitamin K: 3.18µg (3.03%), Vitamin A: 130.99IU (2.62%), Vitamin B5: 0.2mg (2.04%)