

Directions for the use of Molds
Mamoul Lebanese Pastries and for Butter

Shape the balls of dough into the size of a small egg, varying accordingly to the size of the mold to be used. Spread the dough to make a hole for the filling. Add the filling, and close the dough over it, to seal the filling inside.

Gently press the dough ball into the appropriate size cavity of the mold to transfer its design:

Pistachio: long narrow,

Dates: shallow,

Walnut: round deep.

For butter, soften it and use a spreader to fill the cavities. Chill to allow the butter to set.

Tap the form upside-down on your counter to release the dough ball or butter from the mold.



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Mamoul
Pistachio, Nut, & Pressed Dates Cookies

9 cups unbleached flour
1 lb. butter, unsalted
1 cup vegetable oil
½ cup sugar
½ cup water
1 tablespoon yeast
Confectioner's sugar
1 cup butter, sweet (optional)

Preparation of the dough:

Sift together flour, melted butter, sugar, yeast (melted in warm water). Add to bowl, mix well. Cover and let rise for one hour.

Preparation of the nut filling:

Finely chop pistachios or other nuts in a food processor, or grain mill. Mix it with sugar and add 1 tablespoon of butter.

Preparation of the date filling:

Remove the pits. Mince the dates to a very small size. Add 1 cup oil and 1 tablespoon butter. Place in a saucepan over low heat, until the butter is melted.

When the dough is ready:

Take a small piece of dough and roll it into the shape of an egg. Put the filling in the middle, making sure that it is fully enclosed in the dough. Gently press the dough into a decorative mold to shape it.

Bake in a moderate oven for about 15 minutes, or until golden.

Place on a rack to cool.

Sprinkle with confectioner's sugar before serving.



Walnut Mamoul
