



# Greek honey rolls - Diples

**20'**

Hands on

**12 hours'**

Hands off

**20-30**

Portion(s)



## Method

- In a bowl, combine the flours, eggs, salt, olive oil and sugar with a fork.
- Continue mixing with your hands until all the ingredients come together to form a dough.
- Divide the dough into 5 balls. Wrap in plastic wrap and refrigerate for 2-12 hours (the longer the better).
- When ready, roll out each ball of dough on a lightly floured working surface. Dust continuously so that the dough doesn't stick to the surface. You need to be quite patient at this stage since it will be hard to roll out the dough for the first 2 minutes. The longer you work with the dough, the more it will soften and be easier to work with (if you like you can use a pasta machine to help you).
- Roll out a very thin strip of dough that is 10-15 cm wide. Then cut it 20-25 cm in length (should be 25x15 cm).
- Place a pan full of a generous amount of vegetable oil and let it get hot.
- Using 2 spoons to help you, turn it into a roll as you fry it. Make sure you add a few pieces of dough at a time so that they don't stick together.
- In the beginning it may be a little hard to give them the right shape but you will soon get the hang of it.
- When ready, remove with a slotted spoon and transfer to paper towels to drain from excess oil.

### For the syrup

- In a saucepan, combine the sugar, water, lemon juice and cinnamon.
- Place over medium to high heat and boil for 5 minutes.
- Add the honey and remove from heat.
- Drop the honey rolls into the hot syrup and allow each one to soak for 2 minutes.
- Serve with honey, cinnamon and walnuts.

## Ingredients

- 500 g all-purpose flour
- 5 eggs, medium
- 1 pinch salt
- 2 tablespoon(s) olive oil
- 2 tablespoon(s) granulated sugar
- seed oil, for frying

### For the syrup

- 800 g granulated sugar
- 800 g water
- lemon juice, of 1 lemon
- 2 stick(s) cinnamon
- 50 g honey

### To serve

- honey
- cinnamon, ground
- walnuts, crushed

## Διατροφικός πίνακας

### Nutrition information per portion

213 Calories (kcal)	3.8 Total Fat (g)	0.8 Saturated Fat (g)	41.0 Total Carbs (g)
11%	5%	4%	16%
29.0 Sugars (g)	2.9 Protein (g)	0.7 Fibre (g)	0.06 Sodium (g)
32%	6%	3%	1%