



Greek honey cookies with prune filling - Melomakarona

30'
Hands on

25'
Cook Time

80
Portion(s)

1
Difficulty



Method

For the syrup

- In a pot, add all of the ingredients for the syrup, apart from the honey and bring to a boil.
- Keep in mind that you want to prepare the syrup 3-4 hours before you begin making the honey cookies so that the syrup has enough time to completely cool by the time the cookies come out of the oven.
- As soon as the syrup begins to boil, remove from heat and add the honey. Mix and allow the syrup to cool completely.

For the filling

- Finely chop the walnuts, pistachio nuts and prunes.
- Transfer to a bowl, add the cognac and mix with a spoon.
- Set aside until needed.

For the honey cookies

- Preheat the oven to 190* C (374* F) fan.
- In a large bowl, add all of the ingredients for the 1st mixture and whisk thoroughly.
- In a separate bowl, combine all of the ingredients for the 2nd mixture.
- Add the wet ingredients to the bowl with the dry ingredients. Mix very gently with your hands and for a very short time (at the most for 10 seconds), just to combine all of the ingredients. If you mix too long the mixture will split.
- Shape the mixture into cookies sized 3-4 cm in diameter. Each cookie should be 30 g.
- Pick up 30 g of cookie dough, spread it in your hand, add 1 teaspoon of the filling, close the dough around the filling and create an oval shape.

Ingredients

For syrup

- 500 g water
- 800 g granulated sugar
- 3 cinnamon sticks
- 3 whole cloves
- 1 orange, cut in half
- 150 g honey

For filling

- 100 g walnuts
- 100 g pistachio nuts
- 200 g pruned
- 2 tablespoons cognac

1st mixture

- 400 g orange juice
- 400 g vegetable oil
- 180 g olive oil
- 50 g icing sugar
- ½ teaspoon ground cloves
- ¼ teaspoons ground nutmeg
- 1 teaspoon baking soda
- grated zest of 2 oranges

2nd mixture

- 1 kilo all-purpose flour
- 200 g fine semolina

To serve

- honey
- walnuts

Διατροφικός πίνακας

Nutrition information per portion

189 Calories (kcal)	8.9 Total Fat (g)	1.6 Saturated Fat (g)	25.0 Total Carbs (g)
9%	13%	8%	10%

- Transfer to a baking pan lined with parchment paper.
- Bake for about 20-25 minutes, until golden and crunchy.
- When ready, remove from oven and immediately add the honey cookies to the cool syrup and allow them to soak for 10-15 minutes.
- Drain the cookies, drizzle with honey and sprinkle with walnuts.

14.0 Sugars (g)	2.1 Protein (g)	0.9 Fibre (g)	0.04 Sodium (g)
16%	4%	4%	1%