Melomakarona – Greek Honey Cookies

Ingredients

420g plain flour

80g semolina

1 teaspoon baking powder

½ teaspoon salt

1 teaspoon bicarbonate of soda

1 teaspoon cinnamon

¼ teaspoon ground cloves

80g caster sugar

Orange zest

120ml orange juice

240ml oil

Dipping sauce

120ml honey

4 teaspoon sugar

180ml water

Utensils

Scales

Two bowls

Sieve

Measuring spoons

Spatula

Wooden spoon

Chopping board

Grater

Knife

Juicer

Method

Turn the oven on to 350c/175F, gas mark.

Put the bowl on the scales. Place the sieve on top, zero and then weigh 420g of flour. In the other bowl weigh 80g of semolina and add to the flour. Add the baking powder, salt, bicarbonate of soda, cinnamon, ground cloves, and mix well.

Grate the orange on the small side of the grater. (Only grate the orange not the white peel.) Then cut the orange in half and squeeze onto the juicer.

Weigh the sugar into the bowl and add the orange zest. Rub the zest into the sugar to make the flavour more intense.

Add the 240ml of oil and 120ml of orange juice. Stir well with a spatula until the sugar has dissolved. Gradually add the flour, mixing all the time until it is mixed in and looks like dough.

Form ball egg like ovals. Press the mixture tightly in your hands so it sticks together. Place on a baking sheet and cook for roughly 20 minutes.

Pour the honey into a saucepan. Add the sugar and water, and warm till the sugar melts and it starts to simmer. Let the syrup simmer for 5-10 minutes while the cookies are baking then remove from the heat.

When the cookies come out of the oven and the mixture has cooled pour the mixture into a tray and dip the cookies into the syrup, allowing to soak on both sides for approx 30 seconds. Return them to the baking sheet. Allow to cool.