M A A R O U K A L S H A M I

Ingredients
Egg yolks for facial fat
Bean Al , Baraka
sesame
1/2 cup grape molasses or dates
50 g raisins
200 g coconut
400 g ome gras
1 tablespoon sewee
1 teaspoon salt
7 cups flour 1200 g
1 tablespoon yeast 12 g
1/2 cup sugar 75 g
2 egg whites large size
1/2 cup vegetable oil 100 ml
1 cup warm water 200 ml
1 cup warm milk 200 ml
Marrouk paste:

Directions
In a dark bowl, add water, milk, vegetable oil, egg white, sugar, yeast and whisk well. Then we sift the flour and add it to the mixture with mahlab and salt, then stir the ingredients with a spoon to mix well. After that we knead it well. The dough is left for about an hour until it is well fermented in a warm place. Cut the dough and divide it into balls and fill each ball with the previously prepared filling. Brush the dough balls with oil, then transfer them to the baking tray, then press them well until they become flat in shape, and then slit their edges with a knife to make them look like a rose, or the lady can make any other shape she wants. Beat the eggs and brush the face of the Maarouk discs with it using a kitchen grease brush. The eggs give the Maarouk a light golden color when baking, then sprinkle a little sesame and nigella. Enter the battle pan in the oven over a medium temperature for 30 minutes, until the larch pieces become golden in color. The Maarok seeds are left to cool, and are usually served with tea

C H E F O M A R

Bon Apetit!