MAROUK WITH NEW RECIPE

Ingredients
Maarouk dough:
200 ml warm milk (1 cup)
200 ml warm water (1 cup)
100 ml vegetable oil (half a cup)
2 large egg whites
75 grams of sugar (half a cup)
12 grams of yeast (a tablespoon)
750 grams of flour (7 and a half cups)
Teaspoon salt
mahlab teaspoon

Directions
To prepare the maarouk dough: In a bowl, put warm milk, vegetable oil, yeast, sugar, warm water, egg whites, Mahlab, then stir the ingredients well, and then put flour, salt in another bowl, stir the two ingredients a little, and then add the flour For the liquid mixture (sift the flour), then we knead all the ingredients until we get the consistency of a soft dough, then add a little oil and grease the dough with oil (to soften), then put the dough in a bowl greased with a little oil and close it and then put it in a warm place until it ferments for about half an hour,Then we cut the dough into equal pieces and re-pellet them (you work in them with oil and not with flour), and then put them in an oven tray with butter paper and put them in the oven until fermentation again (the maarouk stuffed with dates and coconut stuffed before the second fermentation stage). Stuffing method: We divide the dough into six equal pieces, then put 4 pieces in the oven tray and stuff two pieces, 1- The first piece of dough we divide into three equal pieces and then we spread each piece longitudinally, and then we stuff each piece in the date filling) Dates are also spread out lengthwise according to the length of the wonder; date stuffing: it is a pitted and crushed dough, and a little fat and cardamom are added to it) and we wrap the pieces on the date filling, then we braid the three pieces stuffed with dates in the form of a braid and we lock the two ends of the braid together and put them in the oven tray,2- The second piece: We roll out the second piece of dough (with rolling pin), then we stuff it in a stuffing of date molasses with raisins and coconut, and then we cover the dough with each other, and then put it with the previous pieces in the oven tray, then we put them in the oven (heated to 60 degrees). -75 for speed fermentation only, not for baking; or any warm place) about 45-60 minutes until fermenting again,Then we turn on the oven at a temperature of 200 above and below for 20 minutes, and then we grease the pieces of dough in the egg yolk with a little milk and vanilla (after greasing the piece stuffed with dates, decorate with a little nigella and toasted sesame half-roasted), then we bake pieces The dough is in the oven for 20 minutes, after which we cut the four empty pieces in half and stuff them with the following fillings: 1- Banana slices with molasses, tahini and a little sesame 2- A febrile cream with sweetened condensed milk or honey and a little pistachio 3- Lotus cream with a little lotus biscuit 4- Liquid chocolate with strawberry pieces

CHEF OMAR

Bon Apetit!