

HAMANTASHEN ZOOM SESSION PREP

THINGS YOU WILL NEED:

Hamantashen Dough (see recipe below)
Filling (see Ideas for Filling below)
2 spoons
Flour for dusting surface to roll out dough
Rolling Pin (or something to roll out dough)
Cookie Cutter or Clean Empty Tuna Can
Baking Sheet(s)
Parchment Paper or Cooking Spray for Baking Sheet
Oven preheated to 350 degrees



IDEAS for HAMANTASHEN FILLING

Mun or Poppy

You can find poppy seed filling at most major supermarkets in the baking aisle. It comes in a can.

Nutella or Chocolate

Nutella or other chocolate spread is easy and delicious. Chocolate Kisses will work as will any chocolate candy.

Apricot, Raspberry, Strawberry or other fruit jam

Look for all-natural jams and low sugar fruit spreads in your supermarket free from high-fructose corn syrup. Regular jams & jellies have too much sugar and tend to leak out of your hamantashen and burn.

Peanut Butter & Jelly

PB&J isn't exactly a classic from the old country. But it is an easy, crowd-pleasing filling.

S'mores

Chocolate and marshmallow inside hamantaschen is basically heaven, even if its far from traditional.

HAMANTASHEN HELPFUL HINTS

If you don't have a rolling pin, you can use a wine bottle, a reusable water bottle, a soda can, a wooden dowel or PVC pipe.

Roll your dough out to 1/8 inch thick (or less) on a floured surface. You want your rolled dough to be as thin as possible, while still being thick enough to maintain the cookie's structure. 1/8 inch seems to be the magic number.

Do not overfill your hamantashen. Use roughly 1 teaspoon of filling per hamantashen cookie – not more. However tempting it might be to put lots of delicious filling in the middle of your cookie, using more than 1 teaspoon can cause your hamantashen to spread open and leak in the oven.

To help your hamantashen stay closed, it is helpful to dip your index fingers in some water and trace the outer edge of the circle before folding into a triangle.

If your hamantashen is not a perfect isosceles triangle, you can gently form it into a better triangle after you have placed it on the baking sheet. Remember even if it is not a perfect triangle it will still be delicious. It is a mitzvah to eat a blooper hamantashen and not complain!

Remember, the filling will be very hot! Once you remove the baking sheet from the oven, allow your hamantashen to cool completely before serving.

STEPS TO FOLLOW WHEN MAKING HAMANTASHEN

STEP 1: Allowing the dough to sit out until it comes to room temperature will make it much easier to roll out.

STEP 2: Preheat oven to 350 degrees

STEP 3: While dough is coming to room temperature, open can of tuna. Make yourself a tuna sandwich or reserve tuna to use later. Discard lid. Wash and dry tuna can. This is your Hamantashen cookie cutter.

STEP 4: Sprinkle some flour on a clean dry surface. Knead a little flour into the dough until it is not too sticky.

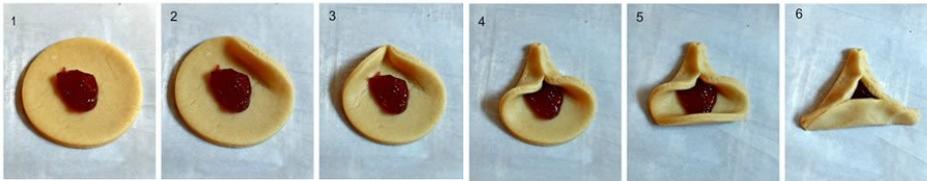
STEP 5: Roll the dough out to about 1/8 of an inch thick. Be careful to roll your dough evenly, making it all the same thickness.

STEP 6: Use the tuna can cookie cutter to cut 18 circles or as many as you can get out of this first roll.

STEP 7: Pull up the excess dough surrounding the circles and set aside

STEP 8: Use one spoon to scoop up about a teaspoon of filling. Use the back of the other spoon to push the filling into the center of your circle of dough.

STEP 9: Fold up the sides of the dough circle to form a triangle, following the diagram below



STEP 10: Transfer your filled and folded hamantashen to a baking sheet covered with parchment paper or baking spray. Leave enough space between hamantashen for them to rise during baking.

STEP 11: If you did not get 18 circles out of 1st roll. Roll out the excess surrounding dough and cut out more circles. Repeat steps 6 through 8 until you have made 18 hamantashen.

STEP 12: Bake hamantashen for 10 to 12 minutes, until just golden brown on the edges in a 350 degree preheated oven.

STEP 13: If using parchment paper carefully pull cookies and parchment paper off tray and allow hamantashen to cool on counter or table. If using baking spray use a spatula to carefully transfer cookies to a cooling rack.

STEP 14: After allowing hamantashen to cool, enjoy and Hag Purim Sameach!

Alternative Hamantashen Overlap Folding Technique from Tori Avey

1. Assemble the hamantaschen in three steps. First, grasp the left side of the circle and fold it towards the center to make a flap that covers the left third of the circle.
2. Grasp the right side of the circle and fold it towards the center, overlapping the upper part of the left side flap to create a triangular tip at the top of the circle. A small triangle of filling should still be visible in the center.
3. Grasp the bottom part of the circle and fold it upward to create a third flap and complete the triangle. When you fold this flap up, be sure to tuck the left side of this new flap underneath the left side of the triangle, while letting the right side of this new flap overlap the right side of the triangle. This way, each side of your triangle has a corner that folds over and a corner that folds under-- it creates a "pinwheel" effect.

