

# Orange Blossom Water

<http://www.orangeblossomwater.net>

<http://www.orangeblossomwater.net/index.php/2010/05/14/aqras-helweh-i/>

## Aqras Helweh I

From: Family Recipe / Servings: 10- 12 Cookies

125 g ghee, melted	In a pot, add ghee.
500 g whole wheat flour	Melt ghee over low heat (only melt, do not heat or boil the ghee).
3/4 cup sugar	In a large bowl, mix flour, sugar, instant yeast, and baker's ammonia, mahlab and make a well.
1 tsp instant yeast	
1/2 tsp baker's ammonia	To the well, add ghee.
1 tbsp ground mahlab	Add warm water, and knead all the ingredients until well combined, you have to spend time and knead the dough very well.
3/4 cup warm water	
Sesame seeds	Let the dough rest for two hours.
	After two hours, prepare meat grinder and attach to it the medium holed plate.
	Add warm water, and knead all the ingredients until well combined, you have to knead the dough very well.
	Let the dough rest for two hours.
	After two hours, prepare meat grinder and attach to it the medium holed plate.
	Grind all the dough.
	Knead the dough using your hand after grinding.
	This tool is called "Manqash Aqras" and is used specially for Aqras that's why the name has the word Aqras, it is used for two reasons, the first to

poke the aqras, and the second reason to gives a nice shape called “Naqsheh”.

Take a piece of the dough and weigh it make all the pieces the same weight, approximately 64 - 65 g.

Take the piece of the dough.

Press using your hand.

Dip one side of the dough in sesame seeds.

This is the side which is dip it in sesame seeds.

Turn the dough to the other side, the one which is not dipped in sesame seeds, and roll out this piece of dough to get 5.9 inch (15 cm) diameter circle, and 0.1 - 0.2 inches (3 - 4 mm) thickness.

Place on aluminum sheet or non stick baking sheet , but do not grease the sheet, the side which is not dipped in sesame sides is the bottom side, then use the “manqash” to poke holes, or you can use the fork.

Bake at 392 - 428 °F (200 - 220 °C) for 9 - 12 minutes, or until golden brown in color, remove from the oven and leave them on the baking sheet to cool for 10 minutes, then remove them from the sheet.

Store at room temperature in airtight container, serve with milk, or tea, or [jebneh](#).

### **Notes and Tips**

The following two notes are written on the bag of the flour I used:

Wheat Flour ATTA.

Flour number (2).

For baking, I used aluminum baking sheet.