

Orange Blossom Water

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

Aqras Helweh II

From: Family Recipe / Servings: 23 - 25 Cookies

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|---------------------------|--|
| 250 g ghee, melted | In a pot, add ghee. |
| 1000 g all purpose flour | Melt ghee over low heat (only melt, do not heat or boil the ghee). |
| 1 1/2 cup sugar | In a large bowl, mix flour, sugar, instant yeast, and baker's ammonia, mahlab and make a well. |
| 3/4 tsp instant yeast | |
| 1 1/8 tsp baker's ammonia | To the well, add ghee. |
| 2 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. |
| 350 ml warm water | |
| Sesame seeds | Let the dough rest for two hours. |
| | This is the dough after two hours. |
| | 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 50 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 4.3 inch (11 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

For baking, I used aluminum baking sheet.