

YEAST HAMANTASCHEN

FILLING INGREDIENTS

- 1/2 C Water
- 1/4 T Cinnamon
- 3/4 C Sugar substitute **OR** sugar
- 1 1/2 T Orange zest
- 1/2 T Lemon zest
- 2 T Honey
- 2 1/4 C Pecans, walnuts **OR** a mix of prunes, dates, cherries or apricots
- 2 T Bread crumbs **OR** Panko crumbs



FILLING DIRECTIONS

- 1 In a saucepan combine water, cinnamon & sugar & bring it to a boil
- 2 Add the lemon zest & honey & return the mix to a boil
- 3 Add the nuts, dried fruit & crumbs & stir to combine
- 4 Reduce to a simmer & cook for an additional 3- 4 minutes
- 5 Remove from heat & cool to room temperature before using
- 6 You can make this 3 - 4 days ahead of time & refrigerate it until you make your hammentashen

DOUGH INGREDIENTS

- 2 T Yeast (instant or quick)
- 1/4 C Milk (scalded & cooled to lukewarm) **OR** quinoa or rice milk (warmed)
- 1 C Sugar substitute **OR** sugar
- 2 C Smart Balance margarine (unsalted) (cold) **OR** Earth balance margarine (unsalted) (cold)
- 3/4 t Salt
- 1 t Vanilla
- 1 t Lemon zest
- 7 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 C Sour cream (dairy **OR** pareve **OR** vegan)
- 1/2 C Egg substitute **OR** 2 eggs
- 1/4 C Egg substitute **OR** 1 egg (beaten)

DOUGH DIRECTIONS

- 1 In a small bowl, dissolve the yeast in the lukewarm liquid you've chosen
- 2 In the bowl of an electric mixer (use the paddle), combine the 'butter,' salt, vanilla, zest & sugar
- 3 Beat on low for 3 minutes then slowly add the flour & sour cream, alternating them
- 4 Add 2 of the eggs OR 1/2 C egg substitute & beat for 3- 4 minutes
- 5 The dough should pull away from the sides of the bowl & divide dough into 28-36 equal pieces
- 6 Roll them into balles & then place them on parchment paper overed cookie sheet
- 7 Cover & refrigerate for 15 minutes & then roll each ball out into a circle on a floured surface
- 8 Place 1 t - 1 T, depending on the size of the circle, of the filling in the center of each circle
- 9 Pinch up the sides to form a triangle
- 10 Place the hamentaschen on a greased or parchment paper covered cookie sheet
- 11 Brush the top with the beaten egg & let the hamantashcen rise for 30 minutes
- 12 Pre-heat oven to 37 F & bake for 16 -20 minutes, until golden brown