

# YOUR ULTIMATE HAMENTASCHEN BAKING GUIDE

## Tips for Creating Perfect Hamantaschen

- 1) **Find a great dough recipe.** Often, the problems people have with baking hamantaschen can be traced to an inferior dough.
- 2) **Roll your dough out to 1/8 inch thick (or less).** You want your 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; sometimes I roll mine out even thinner than that. For a more doughy texture you can roll it thicker, but remember— the thicker the dough is, the harder it will be to handle and shape. Thick dough is also more prone to opening/spreading in the oven.
- 4) **Cut your hamantaschen dough in 3-inch circles (or larger) before filling and folding into triangles.** Anything smaller than 3 inches will be difficult to fold around your chosen filling.
- 5) **Most fillings can be chilled before using to fill hamantaschen.** I've found that fruit, poppy seed, and cream cheese-based fillings tend to be easier to work with when they're chilled in the refrigerator. The chilling process thickens the fillings and makes them less sticky, which makes them easier to handle with when you're assembling your hamantaschen. Not all fillings are helped by refrigeration, however— particularly chocolate-based fillings like Nutella, which will harden with prolonged refrigeration. Check your filling recipe to see if refrigeration is recommended.
- 6) **Do not overfill your hamantaschen.** Use 1 teaspoon of filling per hamantaschen cookie. Do not use more than 1 teaspoon. 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 hamantaschen to spread open and leak in the oven. 1 teaspoon is plenty, especially when you cut your dough circles to 3 inches... it's the perfect amount of filling.
- 7) **Fold your triangles the right way!** Using the proper folding method will help your hamantaschen hold together and create a beautiful shape. I've provided detailed, illustrated, step-by-step folding instructions below.

Follow these tips, and you'll be creating beautiful batches of homemade hamantaschen in no time!

## **How to Fold Hamantaschen into Triangles**

### **YOU WILL NEED**

- Hamantaschen dough, rolled out to 1/8 inch thickness and cut into circles
- Filling of your choice

**Servings:** Varies

**Kosher Key:** Varies

- Place a teaspoon of filling (whichever filling you choose) into the center of each circle. Do not use more than a teaspoon of filling, or you run the risk of your hamantaschen opening and filling spilling out during baking. Cover unused circles with a lightly damp towel to prevent them from drying out while you are filling.



- 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.



- 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.



- 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. This method of folding is not only pretty-- it will help to keep the cookies from opening while they bake.
- Pinch each corner of the triangle gently but firmly to secure the shape.



- Repeat this process for the remaining dough circles. Bake according to recipe instructions.



## Caramel Apple Hamantaschen Filling

### INGREDIENTS

- 1 1/2 lbs. Granny Smith apples (about 4 medium apples)
- 3/4 cup sugar
- 1/3 cup dulce de leche (see recipe following)
- Salt to taste

### YOU WILL ALSO NEED

- Grater or food processor with grating attachment, saucepan

**Prep Time:** 15 Minutes

**Cook Time:** 35 Minutes

**Total Time:** 50 Minutes

**Servings:** About 1 1/2 cups filling

**Kosher Key:** Dairy

- Before you begin this recipe, you'll need to make a batch of dulce de leche.. The process is very easy, but it takes about 90 minutes. To save time, you can make it ahead and store it in the refrigerator till you're ready to begin.

Peel and core the apples. Shred them into fine shreds using a hand grater or food processor shredding attachment.

In a medium saucepan, combine the sugar and 3/4 cup of water. Bring to a boil.

Add the shredded apples to the boiling water and return to a boil.

Reduce heat to medium and let the mixture simmer for 25-35 minutes, stirring occasionally, till most of the liquid evaporates and the mixture resembles a very thick applesauce. When the mixture is ready, it will start to sizzle lightly in the pan and clump together when you stir it. Don't let the mixture burn, but do let it get quite thick.

Stir in the dulce de leche; add salt to taste. The salt adds depth and gives the flavor of a salted caramel. It also offsets the sweetness a bit.

Note that the filling is quite sweet on its own (it may initially taste "too sweet"), but it bakes to perfection when used for filling hamantaschen. Let the mixture cool.

Refrigerate mixture for at least 1 hour before using it to fill hamantaschen; this will thicken it and make it easier to manage when filling.

Use filling with your favorite hamantaschen dough. Use about 1 tsp of filling per cookie.

## Dulce de Leche

### INGREDIENTS

- 1 can (14 oz.) sweetened condensed milk (not evaporated milk)
- 1/8 tsp salt (or more to taste)

### YOU WILL ALSO NEED

- Pie plate or dish, large roasting pan, whisk

**Cook Time:** 75 - 90 Minutes

**Servings:** 1 1/4 cups

**Kosher Key:** Dairy

- Preheat oven to 425 degrees F. Pour can of sweetened condensed milk into a ceramic pie plate or dish. Sprinkle the milk lightly with about 1/8 tsp of salt (for a more salted caramel flavor, use 1/4 tsp salt).

Cover tightly with foil. Place the filled pie plate into a large roasting pan and fill the roasting pan with water till it reaches about halfway up the sides of the pie plate.

- Place the roasting pan into the oven. Let the mixture cook slowly for 75-90 minutes, check the water level every half hour to make sure it hasn't dried out too much. Add water as needed.
- At 75 minutes, begin checking the color of the dulce de leche. When it reaches a rich light brown caramel color, you'll know it's ready. The longer you let it cook, the thicker and darker it will become.

Take the pie plate and roasting pan out of the oven. Carefully remove the pie plate from the hot roasting pan. Take off the foil.

- Whisk the dulce de leche mixture. Use warm, or allow to cool to room temperature depending on your intended use.
- Store in the refrigerator. The sauce will keep for up to 4 weeks when refrigerated.

## Mohn - Poppy Seed Filling for Hamantaschen

### INGREDIENTS

- 1 1/2 cups (8 oz.) poppy seeds
- 1/4 cup unsalted butter (see cooking instructions for pareve subs)
- 1 cup milk (see cooking instructions for pareve subs)
- 3/4 cup sugar
- 1/4 cup honey
- 1/4 tsp salt
- 2 eggs, beaten

**Total Time:** 15 Minutes

**Servings:** About 2 1/4 cups of filling

**Kosher Key:** Dairy (Pareve with recommended substitutions)

- Grind the poppy seeds in a coffee grinder in batches for about 15-20 seconds per batch, till they are ground soft and powdery.

Melt the butter in a saucepan over medium heat. Whisk in the milk, sugar, and honey. Bring to a simmer, stirring occasionally, till the sugar dissolves and the honey melts.

Pour about 1 cup of the hot liquid into a cup.

Immediately but gradually begin drizzling the hot liquid into the beaten eggs. Whisk briskly and constantly till all of the hot liquid is integrated into the eggs. Do not pour too quickly, or you'll scramble your eggs. It should take about a minute to drizzle all of the liquid.

- Slowly pour the heated, tempered egg mixture back into the hot liquid in the saucepan, whisking constantly.
- Continue to whisk and cook for 3-5 more minutes over medium heat till the mixture thickens and turns light yellow. It is ready when it thickly coats the back of a spoon.
- Remove the saucepan from heat. Whisk the ground poppy seeds into the buttery liquid and stir well to blend all ingredients.



Allow filling to cool to room temperature before using. Store in a tightly covered container in the refrigerator for 4-5 days.

- To make this filling pareve (dairy free), you will need to use a substitute for the milk and the butter. For the milk, I like SoDelicious coconut creamer, which gives it a creamy, very faint coconut taste (vegan, but produced on dairy equipment for those who are strictly kosher). You can also use regular coconut milk, rice milk, almond milk or soy milk as a sub. For the butter sub, I don't like to use margarine very often, but in this case I'd recommend Earth Balance vegan buttery sticks. They have no hydrogenated fat, and in small amounts they make a passable substitute for butter. They do have salt, so I would recommend cutting the 1/4 tsp of salt in the recipe if using this product. If you are comfortable using unsalted margarine, feel free.

## Lekvar Plum Butter - Prune Filling for Hamantaschen

### INGREDIENTS

- 2 cups pitted prunes
- 1 cup water
- 1/4 cup orange juice
- 1 tsp orange zest
- 1/4 tsp salt
- 1/3 cup brown sugar

**Total Time:** 30 Minutes

**Servings:** About 2 cups of filling

**Kosher Key:** Pareve

- Combine all of the ingredients in a saucepan except for the brown sugar. Stir and bring to a boil for one minute.

Reduce heat to medium low so the mixture simmers slowly and constantly. Cover the pot. Let the mixture simmer covered for 20 minutes, stirring every few minutes.

- Remove the lid from the pan. Let the prunes continue to simmer for 3-5 more minutes, stirring frequently, until most of the liquid has evaporated/absorbed. Keep a close eye on the pan to make sure the prunes don't burn. When there are about 3 tbsp of liquid left in the pan, remove from heat.
- Stir the brown sugar into the prune mixture till brown sugar melts and dissolves.

Mash the prune mixture with a potato masher till a smooth puree forms. Run a fork through the mixture to break up any pieces the potato masher missed. You can also use an immersion blender for a smoother puree, if you want to.

Let cool to room temperature before using. Store in a sealed, airtight container in the refrigerator. Refrigerating the filling to chill completely will make it easier to work with when filling hamantaschen.

## **Nutella!**

Plain, simple Nutella. Just put 1 teaspoon in the middle of the cookie before folding into a triangle. Couldn't be simpler, and it's so yummy! I made about 80 Hamantaschen last week, and the Nutella ones disappeared before all the others. Nutella is a dairy product, so don't serve it with a meat meal if you keep kosher.

## **Rabbi Olitzky's Chocolate Cream Cheese Hamantaschen**

### **HAMANTASCHEN INGREDIENTS**

- 5 cups flour
- 1 lb. vegetable shortening, room temperature
- 1 cup pineapple juice
- 1/2 cup sugar
- 1 tsp salt

### **FILLING INGREDIENTS**

- 1 1/2 cups brown sugar
- 6 oz. cream cheese
- 1 tsp vanilla
- 1 cup chocolate chips

**Servings:** 60-70 cookies

**Kosher Key:** Cookie Dough Pareve, Filling Dairy

### **TO MAKE DOUGH**

- Mix all ingredients together until soft dough forms. The easiest way to do this is with a stand mixer.

Knead the dough into a ball, place into a bowl, and cover with plastic wrap. Refrigerate for a few hours to overnight.

### **TO MAKE FILLING**

- Cut the cream cheese into small chunks. Mix together all filling ingredients until well combined.



## TO MAKE COOKIES

- Remove dough from refrigerator. If the dough has turned hard, allow to soften for 15-20 minutes. Divide the dough into four pieces. Pound each piece out, one at a time, then use a rolling pin to roll out the dough on a floured surface. The dough should be rolled quite thin, as cookies will puff up during baking.
- Note: As the dough warms it will become sticky. Keep your rolling pin lightly coated in flour to prevent it from sticking.
- Cut the dough into 3-4 inch circles. Place circles onto ungreased cookie sheet.

Place a teaspoon of filling into the center of each circle. Do not use more than a teaspoon of filling, or you run the risk of your hamantaschen opening and filling spilling out during baking.

## Dairy Free Hamantaschen

### INGREDIENTS

- 2 eggs
- 2/3 cup sugar
- 1/4 cup canola oil
- 1 tsp orange zest
- 1 tsp vanilla
- 2 1/4 cups flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1 to 5 tsp water (if needed)
- Nonstick cooking oil spray

### YOU WILL ALSO NEED

- 2 baking sheets, 2 mixing bowls, sifter, wooden spoon, rolling pin, 3-inch cookie cutter or drinking glass with 3-inch diameter rim, pastry scraper

**Cook Time:** 1 Hour

**Servings:** About 35 cookies

**Kosher Key:** Pareve (depending on filling)

- Before you begin making the hamantaschen, choose and make your filling and have it on hand to work with. This dough will dry out quickly if left to rest too long, so it's best to have everything ready to assemble when you start.
- Preheat your oven to 350 degrees F. In a mixing bowl, whisk together the eggs, sugar, canola oil, orange zest and vanilla.

In another bowl, sift together the flour, baking powder, and salt.

Slowly stir the dry ingredients into the wet, using a large wooden spoon and using circular motions till a crumbly dough begins to form.

Knead until smooth and slightly tacky to the touch. Try not to overwork the dough, only knead till the dough is the right consistency. If the crumbles are too dry to form a smooth dough, add water slowly, 1 teaspoon at a time, using your hands to knead the liquid into the dough. Knead and add liquid until the dough is smooth and slightly tacky to the touch (not sticky), with a consistency that is right for rolling out. It can easily go from the right consistency to too wet/sticky, so add water very slowly. If the dough seems too wet, knead in a little flour till it reaches the right texture.

Lightly flour a smooth, clean surface. Use a rolling pin to roll the dough out to 1/4 inch thick. Scrape the dough up with a pastry scraper, lightly re-flour the surface, and flip the dough over. Continue rolling the dough out very thin (less than 1/8 of an inch thick). The thinner you roll the dough, the more delicate and crisp the cookies will turn out-- just make sure that the dough is still thick enough to hold the filling and its shape! If you prefer a thicker, more doughy texture to your cookies (less delicate), keep the dough closer to 1/4 inch thick. Lightly flour the rolling pin occasionally to prevent sticking, if you need to.

Use a 3-inch cookie cutter (not smaller) or the 3-inch rim of a glass to cut circles out of the dough, cutting as many as you can from the dough.

- Gather the scraps and roll them out again. Cut circles. Repeat process again if needed until you've cut as many circles as you can from the dough. You should end up with around 35 circles.
- Place a teaspoon of filling (whichever filling you choose) into the center of each circle. Do not use more than a teaspoon of filling, or you run the risk of your hamantaschen opening and filling spilling out during baking. Cover unused circles with a lightly damp towel to prevent them from drying out while you are filling.
- When all of your hamantaschen have been filled, place them on a lightly greased baking sheet, evenly spaced. You can fit about 20 on one sheet... they don't need to be very spaced out because they shouldn't expand much during baking.
- Place them in the oven and let them bake at 350 degrees F for 20-25 minutes, till the cookies are cooked through and lightly golden.
- Cool the cookies on a wire rack. Store them in a tightly sealed plastic bag or Tupperware.

## Traditional Recipe

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/2 cup vegetable shortening
- 1 cup sugar
- 1 large egg
- 2 teaspoons packed finely grated fresh orange zest
- 1 tablespoon fresh orange juice
- 2/3 cup filling such as prune lekvar, poppy-seed filling, or apricot or cherry jam

### Preparation:

Into a bowl sift together flour, baking powder, and salt. In another bowl with an electric mixer beat shortening, sugar, and egg at medium speed until light and fluffy. Add zest and juice and beat until incorporated. Add flour mixture, stirring, until a smooth dough is formed. Gather dough into a ball and flatten into a disk. Chill dough, wrapped in plastic wrap, at least 3 hours and up to 2 days.

Preheat oven to 375° F.

Halve dough on a lightly floured surface roll out half of dough (keeping other half wrapped and chilled) 1/4 inch thick. With a 3-inch cutter cut out as many rounds as possible. Transfer rounds with a metal spatula to a large baking sheet, arranging about 1/2 inch apart. Reroll scraps and cut out more rounds. Put 1 teaspoon filling in center of each round and fold up edges to form triangular cookies resembling a tricornered hat, pinching corners together and leaving filling exposed. (Pinch dough tightly enough so seams are no longer visible and sides are taut enough to prevent cookies from leaking filling as they bake.)

Bake hamantaschen in middle of oven 20 minutes, or until pale golden. Cool hamantaschen on baking sheet 5 minutes and transfer to racks to cool completely. Make more hamantaschen with remaining dough and filling in same manner. Hamantaschen keep in an airtight container at room temperature 5 days.

The New York Times has the “perfect “ recipe here: [http://dinersjournal.blogs.nytimes.com/2009/03/09/the-perfect-hamantaschen/?\\_php=true&\\_type=blogs&\\_r=0](http://dinersjournal.blogs.nytimes.com/2009/03/09/the-perfect-hamantaschen/?_php=true&_type=blogs&_r=0)

Also look here for the “Ten Best Hamantaschen Recipes” : <http://www.joyofkosher.com/2012/02/top-ten-hamantash-recipes/>

The following recipe is from allrecipes.com

### Easy Hamantaschen



**Rated:** ★★★★★

**Submitted By:** Sharon

**Photo By:** destaver

**Prep Time:** 15 Minutes

**Cook Time:** 12 Minutes

**Ready In:** 27 Minutes

**Servings:** 24

"A favorite treat for the Purim holiday! It has always worked better for me if I cover the dough and refrigerate overnight."

#### INGREDIENTS:

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 3 eggs                          | 1/2 cup orange juice              |
| 1 cup granulated sugar          | 5 1/2 cups all-purpose flour      |
| 3/4 cup vegetable oil           | 1 tablespoon baking powder        |
| 2 1/2 teaspoons vanilla extract | 1 cup fruit preserves, any flavor |

#### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
2. In a large bowl, beat the eggs and sugar until lightly and fluffy. Stir in the oil, vanilla and orange juice. Combine the flour and baking powder; stir into the batter to form a stiff dough. If dough is not stiff enough to roll out, stir in more flour. On a lightly floured surface, roll dough out to 1/4 inch in thickness. Cut into circles using a cookie cutter or the rim or a drinking glass. Place cookies 2 inches apart onto the prepared cookie sheets. Spoon about 2 teaspoons of preserves into the center of each one. Pinch the edges to form three corners.
3. Bake for 12 to 15 minutes in the preheated oven, or until lightly browned. Allow cookies to cool for 1 minute on the cookie sheet before removing to wire racks to cool completely.