



ΥΛΙΚΑ

Melomakarona

1. 350 g gluten-free oats
2. 1 orange (peel and juice)
3. 25 g walnuts
4. 50 g sunflower oil
5. 50 g olive oil
6. 50 g honey
7. 30 g brandy
8. 1 tsp ground cinnamon
9. $\frac{1}{4}$ tsp ground cloves
10. 1 tsp gluten-free baking powder
11. $\frac{1}{2}$ tsp baking soda

Syrup

1. 150 g water
2. 200 g honey
3. 1 cinnamon stick

ΧΡΗΣΙΜΑ ΑΝΤΙΚΕΙΜΕΝΑ

1. bowl
2. oven tray
3. baking paper
4. 2 forks
5. heatproof jar
6. serving dish

Gluten free melomakarona (Christmas honey cookies)

Συνταγή από: Thermomixcyprus

-  50 min
-  30 pieces
-  Εύκολη

ΠΕΡΙΓΡΑΦΗ

Recipe by Chef Savvas Mappouras.

ΕΚΤΕΛΕΣΗ

Melomakarona

Βήμα 1

Preheat oven to 170 C. Cover the oven tray with baking paper and set aside.

Βήμα 2

Place 350 g gluten-free oats, thin orange peel pieces from 1 orange (save 1 piece for the syrup) into mixing bowl and grind 10 sec/speed 10. Transfer to a bowl and set aside.

 10s

 10

Βήμα 3

Place 25 g walnuts into mixing bowl and chop 3 sec/speed 5. Transfer to a bowl and set aside.

 3s

 5

Βήμα 4

Place 50 g sunflower oil, 50 g olive oil and 50 g honey into mixing bowl and mix 30 sec/speed 3.

 30s

 3

Βήμα 5

Add 50 g brandy, 1 tsp ground cinnamon, $\frac{1}{4}$ tsp ground cloves, 130 g orange juice and mix 10 sec/speed 3.

 10s

 3

Βήμα 6

Add the oats/orange peel mixture you set aside, 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon baking soda into mixing bowl and set Dough/1 min. Shape dough into oval cylinders (3 x 1.5 cm) and place onto the oven tray you have prepared. Prick in 2 places in the centre with a fork and press them lightly with the back of the fork.

 1m



Βήμα 7

Bake 20 min (170 C). Meanwhile, continue with the syrup recipe.

Syrup

Βήμα 1

Place 150 g water, 200 g honey, 1 cinnamon stick and 1 orange peel piece into mixing bowl and heat 6 min/105 C/reverse/speed 1. Transfer to a heatproof jar and set aside to cool a little until melomakarona are baked.

 6m

 105° C

 1



Βήμα 2

Dip each cookie into the syrup for 7-10 seconds and transfer to a serving dish with the aid of 2 forks. Sprinkle them with the ground walnuts you set aside and serve or keep in a sealed container.

Συμβουλές

Although oats don't contain gluten, their main protein, Avenin, has a similar structure as gluten and about 10% of people who are gluten intolerant should avoid it. Coeliacs should consult their physician before consuming oats. Also, use oats that are certified gluten free.