FAMILIES OF THE WORLD PROJECT RECIPES

COFFEE BETEFOUR (PETITFOUR - SMALL BISCUITS) (V) (VG OPTION)

Recipe rights and credit to: ASMAHAN ALATTRASH*

*Please acknowledge (through print) when using on menu

| | INGREDIENTS (MAKES 40-50 BISCUITS) |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| QUANTITY | INGREDIENTS |
| 3 tbsp | whole milk (could try dairy alternative) |
| 1 tbsp | instant coffee (black) |
| 3 tbsp | caster sugar |
| 120ml | neutral oil |
| 120ml | melted ghee (clarified butter - you can use unsalted butter if needed - could also try coconut oil for vegan option) |
| 3 tbsp | sugar syrup (make with 240ml water & 200g granulated sugar) Asmahan adds flavours like whole cardamom to infuse. |
| 4 tbsp | сосоа |
| 60g | cornstarch/cornflour |
| 1 tsp | Arabic espresso powder (this is a really fine powder. Asmahan uses the cardamom flavour one) |
| ½ tsp | ground cardamom |
| ½ tsp | ground mistica (can find at any Arabic shop, just ask behind the counter - its the gum from a tree. sold in small crystals, you can grind it up. Of course this is optional. |
| 1 x 7g sachet | powdered vanilla flavour (or vanilla extract for vegan option) |
| 250g | plain flour |

Preparation notes before the session: Sugar Syrup- method above

| EQUIPMENT | | |
|------------------|--|--|
| bowl | | |
| teaspoon | | |
| tablespoon | | |
| kettle | | |
| whisk | | |
| small saucepan | | |
| baking tray | | |
| baking parchment | | |
| | | |

| STEP 2 | in a small pan on the stove on a low heat, dissolve the instant coffee with the caster sugar into the milk, stirring occasionally. |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| STEP 2 | coffee with the caster sugar into the milk, stirring occasionally. |
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| | melt ghee and oil together (either in another pan or microwave) |
| | in a bowl, add the ghee/oil mixture, warm coffee mixture together with sugar syrup. |
| STEP 4 | add cocoa and corn starch. |
| STEP 5 | add mistica (optional), espresso powder, cardamom. |
| STEP 6 | add salt and vanilla sachet. |
| STEP 7 | mix altogether with a whisk to combine. |
| t | add the flour bit by bit, and then move to using your hands towards the end to bring the mixture into a dough. work lightly and gently with your hands, you want the mixture to be light. You should have the texture of cement. |
| t | On a baking tray with baking parchment, roll small pieces of the dough lightly into a ball. place on tray and use knife to half cut the balls to resemble espresso beans (see video) |
| ٢ | Bake at 180 degrees celsius for 10-12 minutes until dried out. You don't want them to burn so there shouldn't be any change in colour. |