

Teiglach Recipe(ish)

Mix the dough:

Lightly beat 3 eggs

Add 1 tsp Baking Powder and ½ tsp Fine Salt — Mix.

Add in gradually 1 ¾ c All Purpose Flour.

Combine in bowl, then knead with hands for a few minutes to form a soft dough.

Roll out the dough to about ¼ inch thick. Cross-cut using a pizza cutter (or knife) to make ½ – 1" squares/rectangles. Basically enough dough so that when you then roll it together it becomes a small marble-shaped ball. Place the dough balls on a baking pan covered with parchment paper, sprayed lightly with olive oil. When all of the dough balls are finished, put them in the center rack of a 350-degree oven for about 15–20 minutes (until lightly browned). Take out and let cool. The dough balls should be hard, and if you taste them, they will be relatively taste-less (but just wait!).

Making the honey-bath:

In a HEAVY-bottom saucepan (or similar deep pot), combine over medium heat:

1 ¼ c of honey

½ c white sugar

1 or 2 Tablespoons fresh grated ginger

Grated peel of 1 lemon and all of the lemon juice.

Optional add ins: 1 t cinnamon, or other spices to taste.

Bring to a boil but be careful not to burn this mixture. Let it simmer/boil on low-medium heat for 5 minutes. Add the baked dough balls and allow to simmer for another 5 minutes, stirring and being careful not to burn the mixture.

Mix ins:

To the honey-dough-ball mixture you can add:

1 c Red Glazed Cherries (or Green, or any color you can find)

1 c roasted (unsalted) nuts: hazelnuts, filberts, almonds, walnuts — Hawaiian Jews use Macadamia nuts (I'm making that up).

Other nuts, raisins, candied fruit peel pieces, anything you like!

Allow to cook for another 2–5 minutes, stirring occasionally.

Pour out the mixture onto a parchment-paper-lined cookie sheet, making sure to be on a heat-safe surface! (It will be HOT — be careful)

Allow to cool, then either scoop into muffin wrappers, cups or form the traditional “teiglach mountain.” Pro-tip on forming the mountain: spray your hands with olive oil and they won’t stick to the teiglach as much.

Cover, store at room temperature. Or enjoy right away and dig in!!!