

## Salt and Serenity

### Meneinas

This recipe comes from Alice Medrich's book, "**Chewy, Goey, Crispy, Crunchy Melt-in-Your-Mouth Cookies.**" The recipe for these cookies (pronounced meh-NAY-na), originated in Alexandria Egypt.

Makes 30-36 cookies (1 ¾ inches in diameter)

3 cups all-unbleached purpose flour

2 teaspoons baking powder

½ teaspoon salt

½ pound (2 sticks) unsalted butter, room temperature

3 tablespoons granulated sugar

2 tablespoons milk

1 tablespoon orange flower water

Date and Walnut Filling (or Pear-Almond, Spiced Fig, Apricot Vanilla, Sour Cherry with Black Pepper Filling)

Powdered sugar for coating the cookies

1. Combine flour, baking powder and salt in a medium mixing bowl and mix together well with a whisk or fork.
2. In a stand mixer, or medium bowl with hand mixer, beat butter and sugar until soft and creamy.
3. Gradually add milk and orange flower water, beating until well blended.
4. Add flour mixture all at once. Beat on low speed until all the flour is incorporated. The dough need not form a single mass, as long as there is no loose flour, it is fine.
5. Dump dough out of bowl and using your hands, gather dough into a smooth ball. Dough can be used immediately or wrapped well and refrigerated for up to 2 days.
6. Scoop off a level tablespoon of dough and place on a parchment lined cookie sheet. Repeat with the rest of the dough until it is all scooped out. Cover with plastic wrap and set aside.
7. Scoop off a rounded teaspoon of filling and place on a parchment lined baking sheet. Repeat with remaining filling.
8. Using your thumb or knuckle, make a deep depression in the dough, and widen it to form a little bowl. You want to get the walls of this dough be quite thin. Place a scoop of filling inside the bowl. Pressing gently with your fingers, ease the dough up all around the filling to completely enclose it.
9. Set cookie, seam side down, on a parchment lined cookie sheet. Repeat with remaining dough and filling, placing cookies 2 inches apart. Press the sides of

the cookies all around to form the traditional beehive shape – or leave them round.

10. Let the cookies rest for at least 30 minutes before baking.
11. Preheat oven to 350° F. Position racks in the upper and lower thirds of the oven.
12. Bake for 20-25 minutes, until cookies are slightly golden (the bottoms will be golden brown). Rotate the pans from top to bottom and from front to back halfway through the baking time to ensure even baking.
13. Sift about 3 cups of icing sugar into a medium bowl
14. Let cookies cool completely and then transfer them, one by one and coat with powdered sugar. May be kept in an airtight container for a week.