

Hamantashen

These triangular "cookies" are known as Hamantashen or Haman's hats, the most popular sweet made at Purim. One legend tell us that the three corners of the cookie represent Abraham, Isaac, and Jacob, the founding fathers of Judaism. But the more popular story is that they are shaped like the three cornered hat worn by Haman.

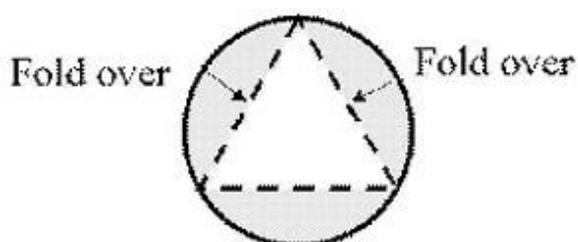
Dough Ingredients

- ½ cup sugar
- ¼ cup oil
- 2 eggs
- 1 tsp. vanilla
- 2-2½ cups flour
- 1 tsp. baking powder

Dough Directions

1. Mix the eggs, sugar, oil and vanilla.
2. Add 1 cup of flour and the baking powder. Mix.
3. Add the remaining flour until the dough forms a soft, but not sticky ball.
4. Roll out the dough and cut out circles.
5. Put a teaspoon of filling in the center of each circle.
6. Gently fold the sides and pinch shut tightly.
7. Bake for 10-12 minutes on 350°F.

Makes: 20 Hamantaschen



Filling Ingredients

- ¾ cup poppy seeds
- 2 tbsp. coconut oil or margarine (butter for dairy - but make sure to tell people they are dairy!)
- ½ cup coconut milk
- 2 tbsp. honey
- 6 tbsp. sugar
- 1 egg

Filling Directions

1. Beat the egg in a bowl and set aside.
2. Melt the coconut oil/butter/margarine in a small saucepan. Whisk in the coconut milk, sugar, and honey, and simmer over a low flame until the sugar is melted.
3. Pour half the mixture into a cup or small bowl.
4. Very slowly drizzle the hot mixture from the cup/bowl into the beaten egg, whisking constantly.
5. Now slowly pour the egg mixture back into remaining hot mixture in the saucepan, whisking constantly.
6. Simmer the mixture for 3-4 minutes until it thickens. Remove from fire.
7. Whisk in the poppy seeds and refrigerate until fully cooled before using.