

Moroccan Baghrir

Serving Size: for 6 persons

I love food and sweet things especially. That is why I cannot not love these thick, soft, sweet and buttery things that Baghrir are! Moroccan yeast pancakes that are served drizzled with a mixture of honey and melted butter. Ah... do I have to say more?

Ingredients

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250 g (2 cups) Flour, plain

250 g (1 + 1/4 cup) Semolina, fine

1 square cake of fresh yeast (42 g) or 1 dose (7 g) of dry yeast

1 Tbsp sugar

pinch of salt

one cup of milk or water

one egg (optional)

To drizzle:

100 g (1/3 cup) honey

a stick butter

Instructions

1. Mix flour, semolina, and salt. Put it in a bowl and make a hollow in the middle. Mix yeast with lukewarm liquid (milk or water) and sugar and pour it in that hollow. Mix it now slowly with the dry ingredients. You can use your hand or a mixer. When using dry yeast you can put everything in the kitchen machine and beat it together on slow speed.
2. Let it sit for 30 Minutes. The batter should be rather liquid and very bubbly afterwards.
3. Heat a non-stick or greased pan to medium heat. I use a crepe pan and put a little oil in it before the first scoop of batter comes in. After that, there is no need to grease it again.
4. Put a ladle of batter into the pan. Wait for 1001 bubbles to come up. You don't flip Baghrir but only bake them from one side. Therefore, the pan must not be too hot to burn one side while the other side is still moist. In addition, the batter must be liquid enough to be poured into the pan and form a not too thick pancake that bakes well.
5. Baghrir are finished when they become dry on top and most bubbles have opened up. The lower side should be pale or only very lightly brown.
6. Put on a clean dish towel or cake rag to cool down a bit.
7. To serve, melt butter in a saucepan. Add the honey and mix well. Now place Baghrir overlapping on a serving plate and pour honey-butter over them. In Morocco, you grab one, roll it and eat it from your hand. (Have napkins ready!)

Notes

In Morocco, these pancakes are sometimes called mille-trous, thousand holes. In one of my German cookbooks, they are called Moroccan honeycomb pancakes. These little holes give the pancakes a spongy texture which makes the drizzle sauce stick very well.

<http://www.blissinthebosom.com/baghrir-ziprecipe/>