

Heritage Recipes

You can share old family recipes and traditions

Gouche La Mouche

From Abed

Family recipe with a Persian touch

Gouche La Mouche

1 3/4 cups of flour

1/2 cup of vegetable oil

1/2 cup of sugar

3 to 4 tablespoons of small black raisins

3 eggs

less than 1/2 a teaspoon of vanilla (we use this as a scent; however, other scents such as the Middle Eastern favorite rose water can be used)

Now for our recipe:

You mix the oil, sugar, and the vanilla until completely blended. Now, you are going to break the eggs into this mixture and mix well but one egg at a time. Do not throw it all in at once! At this point you want to preheat your oven to 350F. After this, you add the flour and raisins to the mixture and let it rest for a bit.

Now for our tray. We are going to add oil in the cooking tray. Then take flour and sprinkle it on thru a sieve so that the cookies don't stick! Then you take your batter that was resting and put a walnut sized amount and leave 7 cm between each "cookie". Leave in the oven for 15-20 minutes

While this is cooking, you want to make a syrup. This is done by adding a cup of sugar with half a cup of water. When the cookies are done, you spread this syrup on both sides of the cookie. After this, a family secret is to add cinnamon to the front of each cookie and spread it around. You then put the cookies back in the oven for another five minutes so it gets crispy and then Voila, you have Gouche La Mouche for all your family to enjoy!

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