



Make ahead of time and share with the children!

AFGHANISTAN



NOTE FROM THE CHEF:

This recipe may sound like a lot of work, but it really isn't so bad. These cookies are so good, you may be tempted to eat them all before class!

OPTIONAL: Add one or two drops each of red and yellow food coloring to the orange-flavored syrup to give it an orange color.

The Middle Eastern custom is to pour hot syrups over cold foods and cold syrups over hot foods. This may not be feasible for you since you'll be making this ahead of time. That's okay—the cookies are great cold with cold syrup poured over them.

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Asabia el Aroos

(Bride's Fingers, served at weddings)

Dough:

- 1 package (16 oz.) phyllo dough, thawed
(Follow package instructions carefully!)
- 1 cup melted butter

Filling:

- 1 cup almonds or pistachios
- $\frac{2}{3}$ cup sugar

Syrup:

- 3 c. sugar
- $1\frac{1}{2}$ c. water
- 2 tsp. lemon juice
- 1 tsp. orange extract
(or 1 T. orange-blossom water)

1. Make the syrup by combining the sugar and water in a saucepan. Boil until sugar is dissolved, about 5 minutes. Remove from heat; add lemon juice and orange extract. Cool.
2. Make the filling by finely chopping the nuts and sugar together in a blender or processor.
3. Cut the phyllo dough in half, then in half again. Cover dough with a damp towel as directed on the package. Make all cookies as follows:
 - Take two rectangles and lay one on top of the other. Brush top with melted butter.
 - Place one tablespoon of filling along the short end of dough. Roll into a log shape.
 - Place on a greased baking sheet*, cut edge down. Brush top with melted butter.
4. Bake at 375 degrees for 15 to 20 minutes, until golden brown.
5. Place on a rack to cool.
6. Pour cool syrup over warm cookies.

Makes about 40 cookies.

*OPT: Bake on parchment paper. Using parchment paper may shorten baking time. Watch closely so cookies don't burn.



[Click here for tips on using phyllo dough](#)