



# Persian Honey Cakes



*Makes approximately 16*

## Ingredients

227g fine semolina  
56g icing sugar, sifted  
114ml sunflower oil  
grated rind and juice of 1 orange  
114g self-raising flour  
½ tsp baking powder  
½ tsp ground cinnamon

## *for the syrup*

114g sugar  
4 tbsp honey  
5 tbsp triple strength orange flower water  
118ml water

## Method

Put the semolina and icing sugar in a bowl. Heat the oil in a saucepan and pour it over the semolina. Stir well and mix in the orange rind and juice and then the flour sifted with the baking powder and cinnamon.

Heat the oven to Gas 3 / 325F / 170C.

Take up pieces of the mixture about the size of a ping-pong ball and form short sausage shapes, about 2 inches long. Arrange slightly apart on a large oiled baking sheet.

Bake in the centre of the oven for 35-50 minutes.

While the cakes are baking, make the syrup.

Put the sugar, honey, orange flower water and water in a saucepan.

Dissolve the sugar and honey over a low heat and then boil fiercely for 4-5 minutes.

When the cakes are baked, lift them out with a spatula and arrange closely together in a large shallow dish. Pour the syrup over them and leave for several hours, spooning the syrup over them occasionally. Then carefully pile the cakes on a plate, scraping up any remaining syrup to spoon over them.