

SEPHARDIC SPICE GIRLS MUFLETA-

4 1/2 cups all purpose flour,

2 cups warm water

1/4teaspoon salt

¼ teaspoon yeast

1/3 cup oil, for greasing

In a large bowl, mix flour, water, salt and yeast by hand.

Form golf ball size balls and place on a baking sheet.

Cover balls with oil.

Let sit for 30 minutes.

Place a large nonstick frying pan or griddle over medium heat.

Place a ball of dough on a clean counter or a marble board.

Dip your hands in the oil, then use the tips of fingers to flatten and spread the dough outwards to create a very thin pancake.

Place the first Mufleta on the hot pan.

Making sure to keep putting oil on hands, work quickly to get each ball flattened

Flip the first Mufleta, then place the second Mufleta on top it. Start stretching the next ball. Flip the Mufletta, then place another on top.

Repeat this method until there is a stack of 10 Mufleta. Wrap the stack in a clean cloth napkin or kitchen towel.

Start the whole process over until all the dough has been used.

Yields approximately 3 dozen Mufleta, depending on the size of the dough balls.

Serve with Nutella, melted honey, butter and sugar or Moroccan simple syrup

Moroccan Simple Syrup

Melt 1 1/2 cups sugar with 1/2 cup of water. Add 1 tablespoon orange blossom water or 1 teaspoon cinnamon. When sugar has dissolved and slightly thickened, drizzle over the Mufleta.