
Vegan & Gluten-Free Date Mamoul

Cook Time: 15 min

prep Time: 45 min

total Time: 60 min

servings: 24

Ingredients:

Vegan and Gluten-free Pastry Dough

3/4 cup (70g) GF oat flour

1/4 cup (40g) millet flour or buckwheat flour

1/4 cup (30g) arrowroot or cornstarch

2 1/2 tablespoons (15 grams) finely ground chia seed

1/2 teaspoon fine sea salt

Full 1/2 cup (115 grams) coconut oil, cold

2 tablespoons maple syrup

3 tablespoons aquafaba, cold (optional)

1-4 tablespoons ice water (add ice cubes to water then measure out as needed)*

1 teaspoon apple cider vinegar or lemon juice

*amount depends on whether or not the aquafaba is used.

Date Filling

200g pitted dates

1 1/2 teaspoons ground cinnamon

1 teaspoon ground cardamom

1/4 cup (40g) roasted pine nuts

Garnish

Dairy-free milk

White sesame seeds

Black seeds

Instructions:

1. Place the oat flour, millet or buckwheat flour, arrowroot, ground chia, and salt in a food processor. Pulse a few times to combine.
2. Chop the coconut oil into chunks if it's not already chopped, and add it to the processor. Pulse about 10 times until the coconut oil is broken into small pieces no bigger than the size of peas.
3. Now add the maple syrup and aquafaba (or ice water) and pulse just a few times until the mixture comes together (when you pinch it with your hand it will hold its shape).
4. Transfer the mixture to a bowl and quickly bring it together and shape into a flat disc. Wrap in plastic wrap and store in the fridge for about 30-40 minutes. If it's in the fridge for longer you may need to leave it out for 5 minutes before rolling. This dough can be made ahead and kept in the fridge for 3 days before rolling out.
5. While the dough is in the fridge, it's time to make the date filling. Soak the dates in a little hot water to soften. Then drain and mash the dates by hand or in a food processor for a smoother texture, adding the cinnamon and cardamom. Lastly add the pine nuts and stir to combine.
6. Take the dough out of the fridge and place between two sheets of parchment paper. Roll the dough into a rectangle 25cm x 30cm, and less than 0.5cm thick, trimming the edges if needed. With the longer side facing you, cut the dough into 3 strips measuring 8cm x 30cm. Now divide the date filling into thirds. Shape each third into a long thin strip or log and place each in the middle of one of the pastry rectangles. From the long side facing you, carefully fold the dough over the filling and seal by pressing the dough together. Repeat with the other two. If you find the dough is getting soft place it in the freezer for a few minutes to firm up.
7. At this point you can refrigerate the mamoul logs wrapped in plastic or parchment paper to bake fresh in the next 3 days, or freeze for a month.
8. When you are ready to bake the mamoul, make sure to pre-heat the oven to 350F or 160C. Line a baking sheet with parchment paper.

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9. Slice the mamoul logs on the diagonal, about 3cm in size, and place on the baking sheet. Brush the top with milk then sprinkle with the seeds. Bake for about 15 minutes until golden. Let cool on a wire rack. If you eat them too soon they will crumble. As they cool the dough will firm up to a lovely flaky texture.
 10. Store in an airtight container for 3 days (see note below).
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Notes:

It's best to bake the amount you expect to consume that day and keep the rest in the fridge or freezer. The maamoul is more crispy when enjoyed on the same day.