Desserts / Kuwait

Darabeel

Kuwaiti buns of date paste and cardamom, rolled into spirals.

Time 120 min **Servings** 12

What you'll need.

- [ ] 500 g Flour
- [ ] 250 ml Warm milk
- [ ] 8 g Dry yeast
- [ ] 60 g Sugar
- [ ] 120 g Butter
- [ ] 1 piece Egg
- [ ] 400 g Date paste
- [ ] 2 tsp Ground cardamom
- [ ] 1 pinch Saffron
- [ ] 40 g Sesame seeds
- [ ] 1 tsp Salt

Let's make it.

01 Dissolve the yeast with the sugar in the warm milk and leave it ten minutes, until it foams.

02 Steep the saffron in a spoon of hot water and knead a dough with the flour, egg, half the butter and cardamom.

03 Let the dough rise somewhere warm for an hour, until doubled.

04 Warm the date paste with the remaining butter and cardamom until soft.

05 Roll the dough into a rectangle half a centimetre thick and spread the date paste over it.

06 Roll it up tight and cut it into two-centimetre rounds.

07 Set them cut side up, prove them twenty minutes and bake at 180 °C for twenty-five minutes.

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