



Beghrir

Mourad Lahlou

Ingredients

Yeast Mixture

2 tsp (6 grams) active dry yeast (not quick-rising)
1/2 tsp (2.1 grams) granulated sugar
1/4 cup (59 grams) warm water (about 110°F)

Batter

1 cup (131 grams) all-purpose flour
1/2 cup (86 grams) semolina flour
1/2 cup (100 grams) almond meal/flour
1 tsp (3 grams) kosher salt
1/8 tsp (0.3 gram) ground turmeric
2 tsp (9 grams) baking powder
1-1/2 cups plus 3 tablespoons (395 grams) warm water (about 110°F)
1 cup (250 grams) warm whole milk (about 110°F)
Unsalted butter, at room temperature, for serving
Orange blossom honey, preferably from Marshall's Farm or
Cherry-Raspberry Jam

Directions

Yeast Mixture Combine the yeast and sugar in a small bowl. Stir in the warm water and let proof in a warm spot for about 10 minutes, or until it is foamy and bubbling.

Batter Combine the all-purpose flour, semolina flour, almond meal, salt and turmeric. Combine the baking powder and 3 tablespoons (44 grams) of the water in a small bowl, stirring to dissolve the baking powder. Put in a blender, add the remaining 1-1/2 cups (351 grams) water, the milk, and yeast mixture and blend on very low speed to combine. With the blender running, gradually add the dry mixture.

Pour into a bowl and cover with plastic wrap. Let rise in a warm spot for about 1-1/2 hours, or until the mixture is very bubbly and has doubled in size.

To Cook the Pancakes Stir to deflate the batter and pour it into a spouted measuring cup.

Line a baking sheet with a clean kitchen towel. Heat a cast-iron silver-dollar pancake pan or small nonstick frying pan over medium heat. Pour 1 to 1-1/2 tablespoons (20 to 30 grams) batter into each hole of the silver dollar pan, or about 3/4 cup (75 grams) batter into the nonstick frying pan. Cook for 3 to 4 minutes, until the top surface is covered with holes and the pancake is completely set, with no uncooked areas; the top will still be pale in color but the bottom should be golden. Transfer to the towel-lined baking sheet and top with another towel. Cook the remaining batter.

If the pancakes have cooled, transfer them to a microwave-safe plate and reheat for about 20 seconds. Check them and heat for another 20 seconds if needed.

Serve the pancakes plain or with butter and honey or jam.

Makes 4-1/2 to 5 dozen silver-dollar pancakes or twelve 5-1/2-inch pancakes.