

Shapatu Cakes Recipes

A Traditional Mesopotamian Bread

You will need:

About 2 $\frac{3}{4}$ C flour

1C water

$\frac{1}{2}$ tsp salt

Mix everything together in a bowl, then knead. Split the dough in half and form two round flat disks. It's important to try to make it a little on the thin side, as this bread is *dense*.

Cover with a damp cloth and let sit overnight.

The next morning, pop 'em in the oven at 350 for 30 minutes.

Have fun and try adding dried fruit, nuts, or spices to the dough like figs, almonds, and cinnamon, or go for raisins and chocolate.

Date Syrup

This calls for:

36 dates pitted

2C water

1 tsp vanilla

1 tsp cinnamon

Put your dates in a blender. You are going to add 1C of water to the dates to aid the blending process. When it's a smooth-ish consistency, pour the blended dates and water into a large pan and place over the stove with a medium flame. Slowly add the remaining 1C of water, vanilla and cinnamon. Stirring frequently but slowly, allow this to simmer for 45 minutes until thickened. After the 45 minutes, give it a final run through the blender and serve.