

BOLINGAS
(Arecia Paul)

Ingredients

8 ozs sugar
8 ozs desiccated coconut (fine, unsweetened)
4 ozs butter
1 tsp vanilla
1 lb sooji (semolina)
4 egg yolks
1 tsp caraway seeds
1 tsp baking powder

Method

- ❖ Mix $\frac{1}{2}$ cup water on fire, add sugar and make syrup till thick.
- ❖ Remove from fire; add coconut and sooji, a little at a time.
- ❖ When cold, add beaten egg and butter, knead well.
- ❖ Add caraway seeds, baking powder and vanilla essence. If stiff, add a little white of egg. Keep overnight.
- ❖ Shape into balls, put on greased baking sheets. Make cross cuts on top.
- ❖ Bake at 350o for about 15 minutes.