

Honey Balls

Recipe submitted by Natalie Ramsy, Fourth Grade (with help from a parent)

Nationality/Ethnicity – Egyptian

The Story Behind the Recipe

I'm from Egypt, and every year my church participates in the Middletown Festival. It's a festival that has games, dancing, and food from around the world. My church has a stand that sells Egyptian food. It's always a lot of fun! Last year though, things got a little bit hectic.

When we arrived we set up the stand, unpacked, and started cooking. My job was to help cook. We sold lots of food, but one sweet, rich, sticky pastry sold the best. HONEY BALLS!!! Everyone who came bought them, they were a hit!

Everything was going great until we ran out of honey balls! More and more people started waiting for their honey balls. We had to do something, and fast. All of a sudden some people said, "Need any help?" It was more families from the church coming to help! We made a lot more honey balls and it was time for my break.

I went with my friend to watch the dancing. We saw Hula dancing and Mexican dancing. Then we played some games. After all of that fun I got pretty hungry, so I went with my dad to a stand that sold Mexican food and got a taco salad. For dessert, I decided to consume some leftover honey balls. I devoured them quickly and enjoyed the balls melting in my mouth.

Ingredients:

For the Dough

- 2 cups flour
- 1 teaspoon yeast
- 1 cup water

For the Syrup

- 2 cups sugar
- 1 cup water
- 1 teaspoon squeezed lemon

Preparation Directions:

Mix all the dough ingredients in a large bowl. Stir the ingredients until all the flour dissolves. Let it sit at room temperature for six hours. Make small balls with the dough and fry them in boiling oil. When the honey balls turn brown, take them out and drain the oil. Dip the honey

balls in the syrup for a few minutes. Take the honey balls out of the syrup and put them on a serving plate. Enjoy.