

HOW TO MAKE BASBOOSA



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Difficulty Level: Easy
Time: Preparation - 20min
Cooking - 40 min
Yield: 10-12 servings

Introduction

Basboosa, pronounced as basbūrah, is a delicate, very sweet, buttery cake that has its roots in Middle East, more specifically in Egypt, Lebanon, Syria, and Jordan. It is found in cuisines around the Eastern Mediterranean region where other names are used like Hareesa in Arabic and Revani in Turkish. Basboosa is usually served during **Ramadan** and during special events such as: weddings, engagement ceremonies and family gatherings.

Basboosa consist of a buttery cake sweetened with sugar syrup and scented with rose water or vanilla extract. Unlike most types of cakes, basboosa is primary made of **semolina flour**, table cream, and shredded coconut; these ingredients give it the special Middle Eastern taste.

Basboosa's beauty lies not only in its delightful taste, but also in its simplicity. This is a simple instruction set to help Middle Eastern Students, especially for those who study abroad and miss the taste of Mediterranean dishes, on how to make basboosa. Also, people interested in making international dishes and desserts would find this document helpful as well. The document starts with identifying all ingredients and materials required for making basboosa. This is followed by step-by-step procedures of making both the cake and the syrup. Images, notes, and feedback are provided alongside the steps to help readers to fully understand the recipe.

Ramadan: The ninth month of the Muslim year, during which strict fasting is observed from sunrise to sunset.

Semolina flour: Grains of durum wheat usually used to make pasta.

Safety Information

Warning: Do not attempt to begin the recipe unless you are 12 years old or have parental guidance.

Food Allergy Notice: Please be advice that basboosa contains the following ingredients: wheat products, eggs, coconut, nuts, and dairy products.

What You Need



Ingredients

Note: Ingredients can be found in most International and Middle Eastern markets

- 1 cup of Semolina/Sooji/Rava flour
Note: This is the most important ingredient of the Basboosa recipe, because you cannot make the dessert without this gentle of flour.
- 1 cup of powdered milk
- 1 cup of sugar
- 1 cup of shredded coconut
- 1 small can of table cream (about 8 oz.)
- 1 cup of water
- ¼ pounds of salted butter or 1 cup of vegetable oil
- 2 eggs
- 1 tablespoon of baking powder
- Almonds or ground pistachios

For Sugar Syrup

- 1½ cup of sugar.
- 1 cup of water.
- 1 tablespoon of lemon juice.
- ½ tablespoon of rose water
Note: Add as 1 tablespoon if you like the flavor.



Materials

- Mixing bowl
- Pyrex tray (9.5 in. x 13 in.)
- Medium-sized whisk
- Small Pot.
- Small sharp knife
- Kitchen hot pads

Note: Use a consistent way of measuring the ingredients. I suggest using measuring cups and measuring spoons.

Preparing The Cake

1

- Preheat the oven to 350° F (175° C).

Note: Make sure to choose the bake option.



2

- Prepare the mixing bowl and the whisk to the cooking board.

Note: Make sure that your hands, the cooking board, and the materials are clean.



3

- Add one cup of sugar in the mixing bowl.

Note: Confectionary sugar may be substituted for regular sugar because of its finer grains. This allows the sugar to dissolve more rapidly than regular sugar when you mix the ingredients.



4

- Add one cup of water.



5

- Cut the $\frac{1}{4}$ lbs. of butter into smaller pieces using the knife and place them in the mixing bowl.

Note: If you are using vegetable oil instead, just mix it into the bowl.



6

- Add one cup of semolina flour to the mixing bowl.



7

- Add one cup of powdered milk.



8

- Add one cup of shredded coconut.

Note: The amount of shredded coconut can be varied to match your taste.



9

- Add an 8 oz. can of table cream.

Caution: Be careful when opening the can, you may cut your fingers by the sharp edges.



10

- Add 2 eggs.

Note: The eggs help fuse the ingredients together and form them into a fair mixture.



11

- Add one tablespoon of baking powder.

Note: Baking powder allows the mixture to puff when it is placed in the oven.



12

- Mix everything in the bowl completely and make sure that the butter is entirely melted.



Feedback

- The final mixture should look like this.

Note: If the mix is too dry and feels like dough, add more water 1 tablespoon at a time until it can easily be mixed. If the mix is too light, add semolina flour, powdered milk, and shredded coconut, each 1-teaspoon at a time until the mix looks like the picture.



13

- Pour the mixture into the Pyrex tray and spread it out to an even thickness.



14

- Spread almonds on the surface of the mixture

Note: Ground pistachios are an alternative.



Feedback

- The mixture should look like in the picture.



15

- Place the tray in the middle level of the oven.

Caution: Be careful when opening the hot oven, you may get serious burns if you do not use kitchen hot pads or gloves. And remember to turn off the oven once you remove the basboosa.

Note: You can prepare the syrup after placing the basboosa in the oven.



16

- Bake for approximately 40 min until it is golden brown on the surface.



Preparing The Syrup

1

- Place the small pot on the stove on high heat.

Caution: Remember that the pot and stove are hot, so be careful when handling the pot to avoid burns, and turn off the stove when the syrup is ready.



2

- Add one cup of water to the pot and let it reach to the boiling point.



3

- Add 1½ cup of sugar to the pot.



4

- Add 1 tablespoon of lemon juice.



5

- Add ½ tablespoon of rose water.

Note: Other alternative such as vanilla extract or honey might be used to get a variation of the traditional basboosa taste.



6

- Stir the mixture every other minute for 6 minutes.

Note: The mixture should become more viscous and gluey.



Feedback

- The syrup mixture should be viscous as shown in the picture.



Serving Suggestions

The following steps show the traditional way of serving basboosa in the Middle East:

1

- Cut the basboosa into small sized cubes around the almonds.

Caution: Be careful when handling and using the very sharp cutting knife to not cut yourself.



2

- Take some basboosa cubes from of the tray and place them on a clean plate.



3

- Pour the syrup over the basboosa cubes.

Note: The syrup amount poured over the cubes can be varied depending on how sweet you want it.



4

- Serve basboosa and enjoy.

Note: Basboosa is best served with a cup of mint tea or Arabic coffee.



Troubleshooting

What should I do with leftover sugar syrup if I only used some amount of it?

You can pour it into a small covered bowl and keep it in the fridge. It should be good for use for couple of weeks. However, the syrup needs to be reheated when used again.

Where should I store the leftover basboosa cubes?

Store basboosa in the fridge for up to 5 days.

Work Cited

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