



قطايف عسل المانوكا والريكوتا

40 دقيقة • 12 قطعة

قطايف عسل المانوكا والريكوتا هي طبق تقليدي من المطبخ الإيطالي، يتميز بطعمه اللذيذ وقوامه المقرمش. هذا الطبق مثالي لتقديمه كوجبة خفيفة أو كحلوى. يمكنك تحضيره بسهولة في المنزل باستخدام مكونات بسيطة. احرص على استخدام عسل مانوكا عالي الجودة للحصول على أفضل النتائج. يمكنك أيضًا تجربة استبدال السكر بعسل مانوكا في وصفاتك المفضلة. اطلع على موقعنا الإلكتروني للحصول على المزيد من الوصفات والنصائح.



1/2 كوب (125 غرام) جبنة ريكوتا
1 كوب (200 غرام) دقيق

1 كوب (200 غرام) عسل مانوكا
20 دقيقة

1 كوب (200 غرام) صلصة
20 دقيقة

12 قطعة

Ingredients

- 1/2 كوب (125 غرام) جبنة ريكوتا

Method

1. اخلط العسل والريكوتا في وعاء. اخلط الدقيق في وعاء آخر. اجمع المكونات معًا لتشكيل عجينة. اترك العجينة ترتاح لمدة 20 دقيقة.

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- 2 tablespoons of honey
- 2 tablespoons of sugar
- 1 cup of milk
- 2 tablespoons of honey
- ¼ cup of honey
- 1 cup of milk
- ¼ cup of honey
- 2 tablespoons of honey

Method

2. Add the honey to the milk and stir well. Heat the mixture over low heat for 15 minutes.
3. Add the sugar to the mixture and stir well. Heat the mixture over low heat for 15 minutes.
4. Add the milk to the mixture and stir well. Heat the mixture over low heat for 15 minutes.
5. Add the honey to the mixture and stir well.
6. Add the mixture to the honey and stir well.

Used in this recipe



Capilano Manuka Honey

Capilano Manuka honey is a natural product made from the nectar of the Manuka bush. It is a rich source of antioxidants and has been shown to have antibacterial properties. It is also a good source of vitamins and minerals. Capilano Manuka honey is available in a variety of grades, from UMF 10 to UMF 30. The higher the UMF, the more potent the honey is.

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Capilano honey is a natural product made from the nectar of the clover bush. It is a rich source of antioxidants and has been shown to have antibacterial properties. It is also a good source of vitamins and minerals. Capilano honey is available in a variety of grades, from UMF 10 to UMF 30. The higher the UMF, the more potent the honey is.

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*Vella, G. 2016. 215 pages. CSIRO.

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