



## Sweet Semolina Namoura Yogurt Cake with Sticky Orange Syrup + Lebanese Limona Yogurt Drink

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 50 / **Serves** 6 - 12

### Shopping List

☐ Fresh:

☐ 1 orange

☐ Pantry:

☐ 1 1/2 C white sugar

☐ 2 1/2 C semolina flour **\*\***(for GLUTEN ALLERGY sub fine cornmeal)**\*\***

☐ 1/2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free flour)**\*\***

☐ 3 T tahini **\*\***(for SESAME ALLERGY sub sunflower seed butter, like Sunbutter)**\*\***

☐ 1 tsp baking powder

☐ 3/4 C vegetable oil

☐ salt

☐ turmeric (optional)

☐ Dairy:

☐ 2 3/4 C yogurt, vanilla or plain **\*\***(for DAIRY ALLERGY sub soy yogurt)**\*\***

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**brush:** to apply a liquid, like melted butter or marinade, to a pan or a food.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

## Equipment

- ☐ Small saucepan
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Oven
- ☐ 9x13 baking dish
- ☐ Pastry brush
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife

## Ingredients

### Sweet Semolina Namoura Yogurt Cake with Sticky Orange Syrup

- ☐ 1 orange, zested (use half of zest for syrup and half for cake—save orange for drink)
- ☐ 1/2 C white sugar
- ☐ 1/2 C water
- ☐ 2 1/2 C semolina flour **\*\*(for GLUTEN ALLERGY sub fine cornmeal)\*\***
- ☐ 1/2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free flour)\*\***

☐ 3 T tahini **\*\***(for SESAME ALLERGY sub sunflower seed butter, like SunButter)**\*\***

☐ 1 C sugar

☐ 1 tsp baking powder

☐ 3/4 C vegetable oil

☐ 1 1/4 C yogurt, vanilla or plain **\*\***(for DAIRY ALLERGY sub soy yogurt)**\*\***

☐ 1 pinch of salt

## Lebanese Limona Yogurt Drinks

☐ 1 orange, peeled

☐ 1 1/2 C yogurt, vanilla or plain **\*\***(for DAIRY ALLERGY sub soy yogurt)**\*\***

☐ 1/2 C sticky orange syrup (see recipe)

☐ 1 C ice

☐ 1 C cold water

☐ 1 big pinch of turmeric, for color (optional)

## Food Allergen Substitutions

### Sweet Semolina Namoura Yogurt Cake with Sticky Orange Syrup

**Gluten/Wheat:** Substitute cornmeal for the semolina flour and gluten-free flour for the all-purpose flour in the Cake.

**Sesame:** Substitute sunflower seed butter, like SunButter, for the tahini in the Cake.

**Dairy:** Substitute soy yogurt for the yogurt in the Cake.

### Lebanese Limona Yogurt Drinks

**Dairy:** Substitute soy yogurt for the yogurt in the Drink.

## Instructions

### Sweet Semolina Namoura Yogurt Cake with Sticky Orange Syrup

wash + zest

Wash **1 orange** and zest the peel (for the syrup and cake).

#### syrup: combine + simmer + stir

Combine **1/2 cup sugar**, **1/2 cup water**, and half the orange zest in a small saucepan on medium-high heat. Simmer for 10 minutes, stirring occasionally to prevent boiling over.

#### remove + cool

Once the syrup has simmered, remove the saucepan from the heat and allow the syrup to cool.

#### transfer + refrigerate

After 10 minutes, the syrup will be cool enough to transfer into a liquid measuring cup. Store the syrup in the refrigerator until the Sweet Semolina Namoura Yogurt Cake is out of the oven.

#### cake: preheat + measure + whisk

Preheat your oven to 350°F. Measure and whisk together the **2 1/2 cups semolina flour**, **1/2 cup flour**, **1 cup sugar**, **1 teaspoon baking powder**, and **1 pinch of salt**. Once all of those ingredients are well mixed, add **3/4 cup oil**, **1 1/4 cups yogurt**, and about **1 teaspoon of the orange zest**. Stir to combine.

#### brush + pour + spread

Brush **3 tablespoons of tahini** on the bottom of a 9x13 baking dish (or any baking dish you have). Then, once the tahini has been spread out, pour the namoura batter into the dish. The batter should be thick at this point, so it will need to be spread out to fit the shape of the dish. Use a spatula to spread the batter all around in the dish until you have a thin layer of batter.

#### cut shapes + bake

Before the cake batter goes into the oven, cut shapes into the batter. Squares and triangles are the two most common ways to shape namoura. Next, place the shaped batter in the oven for 30 to 40 minutes or until golden brown all over.

#### remove + cool + pour

Remove the cake from the oven, and cool for 10 minutes. Pour 1/2 cup of the Sticky Orange Syrup over the top of the Namoura and allow it to soak into the cake while it cools for about 15 more minutes.

#### slice + serve

Now, slice the cake into pieces to serve!

### Lebanese Limona Yogurt Drinks

#### combine + blend

Combine **1 peeled orange**, **1 1/2 cups yogurt**, **1/2 cup sticky orange syrup** (see recipe), **1 cup of ice**, **1 cup of cold water**, and **1 big pinch of turmeric**, if using, in a blender. Use as much of the orange as possible for a dreamy, creamsicle flavor. Blend until super smooth!

## taste + serve

Taste the drink before serving to make sure it has a strong orange flavor. You can always add more sugar, yogurt, or orange to make the flavor perfect!

## Featured Ingredient: Semolina!

Hi! I'm Semolina!

"I'm what is left after you mill durum wheat! But I'm not left behind! I am used to add texture and flavor to all sorts of yummy recipes. You will find semolina in savory dishes like pasta, couscous, and soup; and in sweet dishes like puddings and cakes. Bakers sometimes add semolina to bread and pizza pans to keep bread and pizza from sticking!"

Semolina flour is milled from Durum wheat, and "durum" means "hard" in Latin. When durum wheat is milled, rollers crack the wheat's endosperm into coarse semolina grains. The milling process includes grinding, sifting, and purifying the wheat to a customer's specifications. Most semolina is used to make pasta, and granulation requirements vary, although coarse grains are preferred.

If you want to make your own homemade pasta, you can find packaged semolina in grocery stores and recipes online and in cookbooks!

Farina is similar to semolina but is milled from softer common wheat. It is used to make hot cereals or porridge, like Cream of Wheat.

For people with celiac disease or gluten allergies, it is essential to note that semolina flour has a high gluten content. Cornmeal is a gluten-free replacement for semolina that works in many recipes.

Semolina is high in protein and dietary fiber and has moderate amounts of the B vitamins thiamine, niacin, and folate.

The word "semolina" comes from the late 18th century Italian "semolino," a diminutive of "semola" (bran), which is from the Latin "simila" (flour).