Chai Shortbread

Internet Address:

Adapted slightly from a recipe I found years ago online



2 cups all-purpose flour
1/6 teaspoon salt
1/4 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/4 teaspoon freshly ground black pepper
1 cup powdered sugar
13 tablespoons butter, softened
1 1/3 tablespoons ice water
Yield: 4 dozen

Per Serving (excluding unknown items): 56 Calories; 3g Fat (50.1% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 33mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 2mg Calcium; trace Iron; 7mg Potassium; 7mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 48

1. Lightly spoon flour into dry measuring cup as you measure it; level with a knife. In a bowl combine flour and next 5 ingredients (through pepper), stirring well with a whisk.
2. Add sugar and butter to a medium bowl; beat with a mixer at medium speed until light and fluffy, 3-4 minutes. Gradually add flour mixture to butter mixture, beating at low speed just until combined (mixture will appear crumbly). Sprinkle dough with ice water; mix just a little to bring the dough together. Divide dough in half.
3. Shape dough into two logs about 1-1/4" in diameter; wrap each log in plastic wrap. Chill 1 hour or until very firm.
4. Preheat oven to 375°. Unwrap dough logs. Carefully cut each log into about 24 slices using a very, very sharp knife, or you may use a serrated knife. Place dough circles one inch apart on baking sheets lined with parchment paper. Bake at 375° for 10 minutes. If you make larger cookies they may take another minute or two to bake. They will be lightly golden brown on the bottom and just beginning to color around the edges. Cool on pans 5 minutes. Remove cookies from pans; cool completely on wire racks. Will keep at room temp in a sealed comtainer for a few days; otherwise, freeze, then defrost before serving.

