



Amaranth-Walnut Cookies with Brandy

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 1 ounce amaranth flour
- ☐ 1 tablespoon brandy
- ☐ 1 large egg yolk at room temperature
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.5 cup sugar
- ☐ 3.5 ounces butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 32 walnut halves toasted

- ☐ 4 ounces walnut pieces toasted (1 slightly cup)
- ☐ 3.1 ounces flour whole wheat white

Equipment

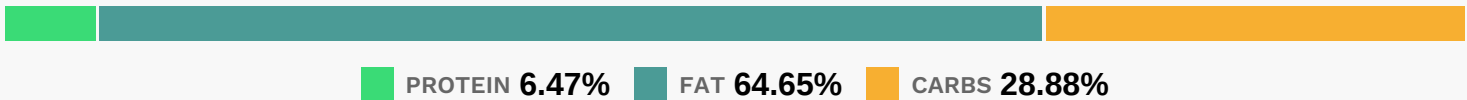
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Place the 4 ounces of walnuts and 2 tablespoons of the sugar in the bowl of a food processor fitted with the metal blade. Process until the mixture looks sandy and the nuts are finely ground, about 15 seconds.
- ☐ Whisk together the white whole wheat flour, amaranth flour, and salt in a medium bowl. In a large bowl, beat the butter with an electric mixer at medium speed until smooth, about 30 seconds. Gradually add the remaining sugar and beat until fluffy and smooth, 1 to 2 minutes, scraping the sides with a rubber spatula as needed.
- ☐ Add the egg yolk, brandy, and vanilla and beat until well blended, about 30 seconds. Reduce the speed to low and beat in the nut mixture, then gradually add the flour mixture until it is just incorporated. Cover the bowl with plastic wrap and chill until the dough is firm, at least 3 hours or overnight.
- ☐ Place a rack 1 notch below the center of the oven and preheat to 350°F. Line 2 large rimless baking sheets with parchment paper.
- ☐ Place the amaranth seeds in a small bowl.

- ☐ Pinch off walnut-size pieces of the firm dough and roll them between your palms into smooth 1-inch balls.
- ☐ Roll each ball in amaranth seeds, gently pressing to adhere if needed, and place on the baking sheet, leaving 2 inches between pieces. Make an indentation with your thumb in the center of each ball, gently pressing it down about a third of its height, and then lightly press a walnut half into the center.
- ☐ Bake, 1 sheet at a time, until the cookies just turn golden brown around the edges and firm up but still yield to gentle pressure, 17 to 18 minutes.
- ☐ Remove from the oven and carefully slide the parchment paper with the cookies onto a wire rack to cool. The cookies will crisp as they cool.
- ☐ To get a head start: The dough, including step 2, can be made up to 2 days ahead. The finished cookies will keep in an airtight container up to 3 days, or they can be frozen for up to 1 month.
- ☐ Reprinted with permission from Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More by Maria Speck. Text copyright © 2011 by Maria Speck; photographs copyright © 2011 by Sara Remington. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Maria Speck grew up in Greece and Germany before moving to the United States as a young adult. She is a writer and journalist, and has contributed to Gourmet, Saveur, and Gastronomica, as well as Marie Claire and Elle. Her popular cooking classes in Cambridge, Massachusetts, focus on the flavors and cooking styles of the Mediterranean and on creating innovative and delicious meals with whole grains.
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.6039130545181%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg

Nutrients (% of daily need)

Calories: 86.03kcal (4.3%), Fat: 6.38g (9.82%), Saturated Fat: 2g (12.49%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.28g (3.65%), Cholesterol: 12.4mg (4.13%), Sodium: 19.09mg (0.83%), Alcohol: 0.2g (100%), Alcohol %: 1.52% (100%), Protein: 1.44g (2.87%), Manganese: 0.19mg (9.51%), Copper: 0.09mg (4.47%), Fiber: 0.73g (2.94%), Magnesium: 8.86mg (2.22%), Phosphorus: 22.02mg (2.2%), Vitamin A: 86.26IU (1.73%), Iron: 0.31mg (1.7%), Vitamin B6: 0.03mg (1.59%), Folate: 6.3µg (1.58%), Vitamin B1: 0.02mg (1.34%), Zinc: 0.19mg (1.25%)