



Anise Sesame Cookies

 Vegetarian

READY IN



240 min.

SERVINGS



36

CALORIES



84 kcal

DESSERT

Ingredients

- 1 tablespoon aniseed whole
- 0.1 teaspoon baking soda
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup sesame seed lightly toasted
- 0.7 cup sugar
- 0.8 cup butter unsalted softened

- 2 tablespoons water

Equipment

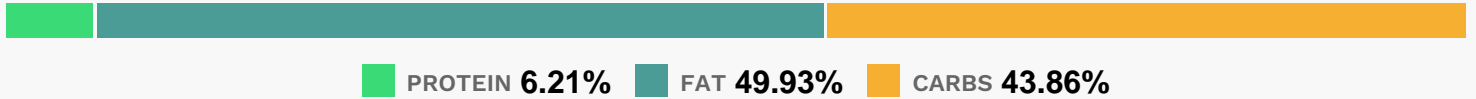
- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- hand mixer
- stand mixer
- wax paper
- spatula
- rolling pin

Directions

- Soak anise seeds in boiling-hot water until most of water is absorbed, about 15 minutes.
- Whisk together flour, baking soda, and salt in a bowl.
- Beat together butter and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 2 minutes in a stand mixer (preferably fitted with paddle attachment) or 4 minutes with a handheld. Beat in 1 egg and anise seeds with any remaining soaking liquid until combined. Reduce speed to low, then mix in flour mixture until just combined.
- Divide dough into 4 balls and flatten each into a 4-inch disk. Chill disks, wrapped in plastic wrap, until firm, about 3 hours.
- Put oven racks in upper and lower thirds of oven and preheat oven to 350°F.
- While oven preheats, roll out 1 piece of dough (keep remaining dough chilled) on a well-floured surface with a well-floured rolling pin into a 7-inch round (slightly less than 1/4 inch thick; if dough becomes too soft to roll out, chill on a baking sheet until firm).
- Cut out as many cookies as possible from dough with cutter and transfer to 2 ungreased large baking sheets, arranging cookies about 1 inch apart. Beat remaining egg in a small bowl with 1 tablespoon water to make an egg wash.

- Brush each cookie lightly with egg wash, then sprinkle with some of sesame seeds.
- Bake cookies, switching position of sheets halfway through baking, until bottoms are golden, 10 to 12 minutes total, then transfer with a metal spatula to racks to cool completely.
- Gather scraps and chill until firm enough to reroll. Make more cookies with remaining dough, scraps (reroll only once), and sesame seeds, then bake on cooled sheets.
- Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:6.46, Inflammation Score:-1, Nutrition Score:1.914347819984%

Nutrients (% of daily need)

Calories: 83.95kcal (4.2%), Fat: 4.72g (7.27%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 9g (3.27%), Sugar: 3.73g (4.15%), Cholesterol: 20.5mg (6.83%), Sodium: 40.92mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.08mg (3.9%), Folate: 15.18µg (3.8%), Iron: 0.59mg (3.26%), Vitamin B2: 0.05mg (3.08%), Copper: 0.06mg (2.86%), Vitamin A: 133.79IU (2.68%), Vitamin B3: 0.47mg (2.33%), Phosphorus: 21.42mg (2.14%), Calcium: 15.05mg (1.5%), Magnesium: 5.9mg (1.48%), Fiber: 0.33g (1.34%), Zinc: 0.18mg (1.19%)