



Bake the Book: Anise Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon aniseed
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- ☐ 2 cups flour all-purpose
- ☐ 1 lime zest
- ☐ 0.5 cup sugar
- ☐ 4 ounces shortening
- ☐ 0.3 cup water

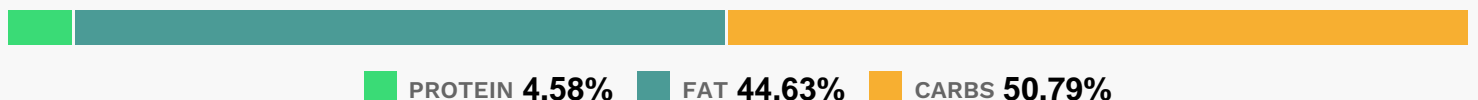
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot

Directions

- ☐ Sift the flour into a bowl. Melt the shortening in a small pan and add the aniseed.
- ☐ Heat for a couple of minutes over low-medium heat, making sure they don't burn, and then pour onto the flour.
- ☐ Mix with a spoon carefully but rapidly so no lumps are formed.
- ☐ Add the liqueur and lime zest.
- ☐ Turn out onto a lightly floured surface and knead until a smooth and uniform dough is formed, 3 to 5 minutes. With your hands, roll out pieces about 5 inches wide and 1/2 inch thick, starting in the center and rolling outward so that the pieces are evenly thick. Connect one end of each piece to the other, making a ring, and place on a parchment-lined baking sheet, about 1 inch apart. Refrigerate until firm.
- ☐ Preheat the oven to 350°F.
- ☐ Bake the cookies until slightly firm to the touch, about 10 minutes.
- ☐ Transfer to a wire rack to cool.
- ☐ To make the syrup, combine the water and sugar in a small pot over medium heat and cook until the sugar dissolves, 3 to 5 minutes.
- ☐ Remove from the heat and add the liqueur. Dip the tops of the cookies into the syrup and let dry on a rack.
- ☐ Pour any remaining syrup over the cookies and let cool completely.
- ☐ Dust with the confectioner's sugar mixture and enjoy (they are best eaten the same day).

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:1.4360869513096%

Flavonoids

Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.7kcal (3.89%), Fat: 3.9g (6%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.67g (3.52%), Sugar: 3.39g (3.76%), Cholesterol: 0mg (0%), Sodium: 0.52mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin B1: 0.07mg (4.49%), Selenium: 2.86µg (4.09%), Folate: 15.44µg (3.86%), Manganese: 0.06mg (3.01%), Iron: 0.45mg (2.52%), Vitamin B2: 0.04mg (2.51%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.24mg (1.61%), Fiber: 0.31g (1.23%)