

Belgian Iron Cookies



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

100

CALORIES

calories

161 kcal

DESSERT

Ingredients

- ☐ 4.5 cups brown sugar
- ☐ 2 cups butter
- ☐ 12 eggs
- ☐ 5 pounds flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons irish whiskey

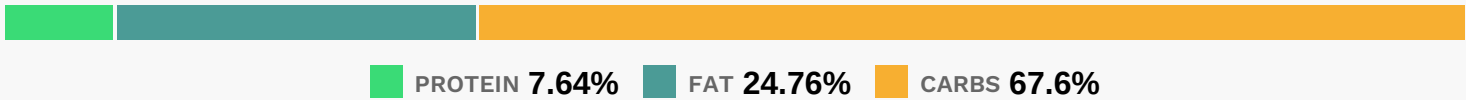
Equipment

☐ mixing bowl

Directions

- ☐ Cream butter and brown sugar.
- ☐ Add eggs, vanilla, salt, and liquor (if desired). Blend in.
- ☐ Now it gets to be fun. You have to work in all five pounds of flour little by little by hand. It will work in but it takes a while. You'll wind up with a BIG mixing bowl of dough.
- ☐ Refrigerate dough overnight.
- ☐ Have plenty of people to help with the cooking. Lightly grease and heat the empty cookie iron over a gas burner. Start with a tablespoon and a half of dough rolled into a little "cigar" shape and vary amount to fit the size of your cookie iron. It takes from one to one and a half minutes to cook each cookie – it's a trial and error process at first till you get a handle on the temperature of the gas burner and the heat retaining capabilities of your iron. A properly cooked cookie will be golden and after cooled, crisp.
- ☐ This a family holiday tradition for us and we spend a whole day cooking cookies with lots of testing to make sure they're as good as last year's. The cast iron cookie irons work best, but I have seen people make them with the aluminum pizelle "irons". Ask for a krumkokie (croom cockie) iron at a gourmet cooking shop. We put them in tins and store till next Christmas, eating last year's cookies.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:12.52, Inflammation Score:-2, Nutrition Score:3.9026087263356%

Nutrients (% of daily need)

Calories: 161.14kcal (8.06%), Fat: 4.41g (6.78%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 26.45g (9.62%), Sugar: 9.69g (10.77%), Cholesterol: 29.4mg (9.8%), Sodium: 63.17mg (2.75%), Alcohol: 0.12g (100%), Alcohol %: 0.36% (100%), Protein: 3.06g (6.12%), Selenium: 9.47µg (13.53%), Vitamin B1: 0.18mg (12.03%), Folate: 44.22µg (11.06%), Manganese: 0.16mg (8.13%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.36mg (6.78%), Iron: 1.22mg (6.76%), Phosphorus: 36.45mg (3.64%), Vitamin A: 141.97IU (2.84%), Fiber: 0.61g (2.45%), Copper: 0.04mg (2.06%), Vitamin B5: 0.2mg (1.98%), Magnesium: 6.61mg (1.65%), Calcium: 15.68mg (1.57%), Zinc: 0.23mg (1.56%), Potassium: 45.88mg (1.31%), Vitamin E: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.16%)