



Cardamom Butter Squares

READY IN



300 min.

SERVINGS



72

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 oz bittersweet chocolate unsweetened melted (not)
- ☐ 1 cup powdered sugar
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon espresso powder
- ☐ 1.5 tablespoons milk
- ☐ 0.8 teaspoon salt
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

Equipment

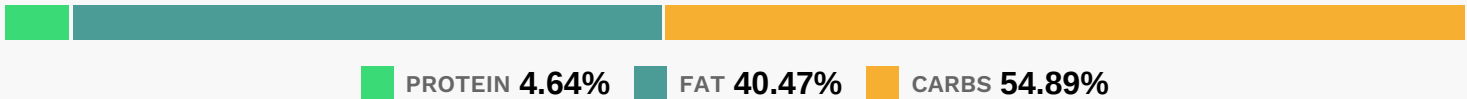
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ wax paper

Directions

- ☐ Whisk together flour, baking powder, salt, cardamom, cinnamon, and allspice 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 eggs and vanilla. Reduce speed to low, then mix in flour mixture until just combined.
- ☐ Form dough into 2 (12-inch) logs (1 1/2 inches in diameter), each on its own sheet of plastic wrap. Use plastic wrap and your hands to roll, press, and square off sides of logs. Chill logs on a baking sheet until slightly firm, about 1 hour, then smooth logs with plastic wrap and flat side of a ruler to achieve straight sides. Chill logs on baking sheet until firm, about 1 hour.
- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 350°F.
- ☐ Cut enough scant 1/4-inch-thick slices from a log with a knife to fill 2 large ungreased baking sheets, arranging slices about 1 inch apart (chill remaining dough, wrapped in plastic wrap).

- ☐ Bake cookies, switching position of sheets halfway through baking, until edges are golden, 10 to 12 minutes total. Cool on sheets 3 minutes, then transfer to racks to cool completely. Make more cookies with remaining dough on cooled baking sheets.
- ☐ Whisk together espresso powder, vanilla, and 1 1/2 tablespoons milk until espresso powder is dissolved, then add confectioners sugar and enough additional milk to make a thick but pourable icing. Spoon into a sealable bag and snip 1/8 inch off a bottom corner.
- ☐ Spoon melted chocolate into another sealable bag and snip 1/8 inch off a bottom corner.
- ☐ Pipe some espresso icing and chocolate over each cookie and let cookies stand on racks until icing sets, about 2 hours.
- ☐ · Dough logs can be chilled 5 days or frozen, wrapped in a double layer of plastic wrap, 1 month (thaw in refrigerator just until they can be sliced).· Cookies (with or without icing) keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:5.32, Inflammation Score:-1, Nutrition Score:1.2421738949969%

Nutrients (% of daily need)

Calories: 70.85kcal (3.54%), Fat: 3.22g (4.95%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.56g (3.48%), Sugar: 5.57g (6.19%), Cholesterol: 12.05mg (4.02%), Sodium: 32.87mg (1.43%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 0.83g (1.66%), Selenium: 2.36µg (3.37%), Manganese: 0.07mg (3.33%), Vitamin B1: 0.04mg (2.82%), Folate: 10.28µg (2.57%), Vitamin B2: 0.04mg (2.08%), Iron: 0.36mg (1.99%), Vitamin A: 87.46IU (1.75%), Vitamin B3: 0.33mg (1.63%), Phosphorus: 13.87mg (1.39%), Copper: 0.02mg (1.22%), Fiber: 0.26g (1.02%)