



Chocolate-Dipped Spritz Washboards with Pistachios



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



36

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon almond extract pure
- ☐ 7 ounces bittersweet chocolate 60% good (cacao)
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup pistachios salted finely chopped

Equipment

- ☐ bowl
- ☐ frying pan

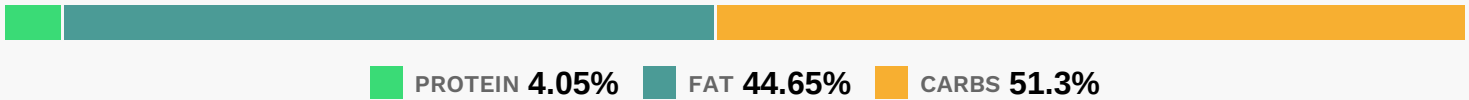
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wax paper
- ☐ microwave
- ☐ spatula

Directions

- ☐ Heat oven to 350°F with rack in middle.
- ☐ Eliminate the egg.
- ☐ Substitute 1 cup confectioners' sugar for the granulated sugar and substitute 3/4 teaspoon almond extract for the 1 teaspoon vanilla extract.
- ☐ Pack the cylinder of the press with some of the dough. Proceed according to the cookie press instructions. Pipe the dough in 3-inch-long strips onto a large ungreased baking sheet, spacing them 1 inch apart. Use a paring knife to cut the dough free from the cookie press.
- ☐ Freeze or chill the cookies on the baking sheet until firm.
- ☐ Bake until edges are pale golden, 7 to 10 minutes. Cool on sheets 2 minutes, then transfer cookies with a metal spatula to racks to cool.
- ☐ Continue to pipe, chill, and bake more spritz washboards in batches with remaining dough (pipe and chill on second sheet while first sheet is baking; cool baking sheets between batches and use fresh parchment paper).
- ☐ Melt chocolate (see Cooks' Notes) in a deep metal bowl set over a pan of barely simmering water, stirring occasionally until smooth.
- ☐ Remove bowl from the pan. Use a folded towel to tilt the bowl slightly, so that the melted chocolate is deep enough for dipping the cookies.
- ☐ Put pistachios in a shallow bowl.
- ☐ Set cooling racks on baking sheets.
- ☐ Dip cookies, one at a time, in chocolate so that it coats about half the cookie on the diagonal, then scrape off the excess chocolate from the bottom of the cookie against the rim of the bowl.

- ☐ Sprinkle the chocolate with some pistachios and arrange the cookies on the racks.
- ☐ Let cookies stand at room temperature until the chocolate has set, about 1 hour.
- ☐ •To melt chocolate successfully: Keep chocolate from coming in contact with even the smallest amount of water. Chop the chocolate first, then put it in a dry metal bowl and set the bowl over a pan of barely simmering water.
- ☐ Heat the chocolate, stirring occasionally, until it is smooth. Alternatively, you can heat it in a microwave–safe bowl.
- ☐ Put the chopped chocolate in the bowl and microwave it at 50% power at 30–second intervals, checking it and stirring it, each time, until it is smooth. •To best maintain the distinct fluted ridges on the cookies, freeze or chill the piped strips until firm before baking them. •Cookies keep in an airtight container in single layers, separated by wax paper, in a cool place, 5 days.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0373913080472%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.92kcal (2.5%), Fat: 2.5g (3.85%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.36g (5.96%), Cholesterol: 0.33mg (0.11%), Sodium: 0.63mg (0.03%), Alcohol: 0.03g (100%), Alcohol %: 0.37% (100%), Caffeine: 4.74mg (1.58%), Protein: 0.51g (1.02%), Manganese: 0.08mg (4.18%), Copper: 0.08mg (4.01%), Magnesium: 10.75mg (2.69%), Iron: 0.38mg (2.13%), Fiber: 0.53g (2.12%), Phosphorus: 18.52mg (1.85%), Potassium: 40.2mg (1.15%), Zinc: 0.17mg (1.1%)