



Chocolate Ginger Shortbread Cookies

 Vegetarian

READY IN



50 min.

SERVINGS



40

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 1 pinch double-acting baking powder
- ☐ 4 pieces candied ginger
- ☐ 40 servings cocoa butter
- ☐ 4 large egg yolks
- ☐ 1.7 cups flour all-purpose
- ☐ 40 servings powdered food colors
- ☐ 1 cup powdered sugar
- ☐ 1 pinch salt

- ☐ 0.8 cup butter unsalted cold cubed
- ☐ 0.5 cup dutch-processed cocoa powder unsweetened
- ☐ 0.5 vanilla pod
- ☐ 8 ounces chocolate white

Equipment

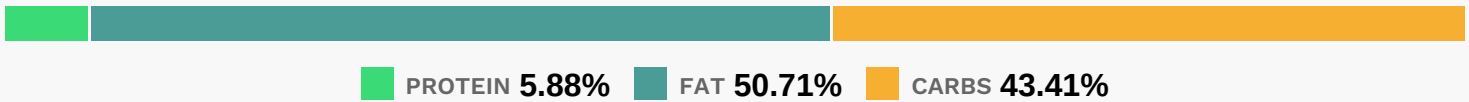
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ rolling pin
- ☐ offset spatula

Directions

- ☐ Use a rolling pin to mash the candied ginger into a paste.
- ☐ Use a sharp knife to slice the vanilla bean lengthwise. Separate the seeds from the outside skin by scraping the blade of the knife along the inside of the bean.
- ☐ Place the vanilla bean seeds, butter, sugar, egg yolks, and ginger in a medium-size mixing bowl and beat with an electric mixer on low speed until the ingredients are combined, about 1 minute.
- ☐ Combine the baking powder, salt, cocoa powder and flour and add to the butter mixture all at once. Beat on low speed just until combined, about 1 minute. Do not overmix the dough or it will become tough.
- ☐ Remove the dough from the bowl.
- ☐ Preheat the oven to 400 degrees F.
- ☐ I baked my cookies in a special flexible baking sheet with dome-shaped cavities.

- ☐ Roll the dough into a rope that is about the same diameter as the cookie mold. Use a knife to cut each piece of dough. Press the dough into the mold. Repeat until all of the cavities are filled.
- ☐ Bake 15 to 20 minutes.
- ☐ To make the chocolate fans: Use an offset spatula to spread a very thin layer of tempered chocolate onto a piece of marble. Use a spatula to clean away chocolate so you are left with a rectangle shape.
- ☐ Let the chocolate set slightly.
- ☐ Place 1 hand on the handle of the cake triangle and rest your thumb on the blade of the triangle. Push the triangle through the chocolate in strips of about 2 inches. Use your thumb to catch 1 side of the chocolate to create small chocolate fans. Pinch the short side to create the handle of the fan. I colored my fans with my airbrush but you could also use a paintbrush. If using an airbrush, place a few drops of color in the airbrush.
- ☐ If using a paintbrush, mix together a few tablespoons of the cocoa butter with a small amount of powdered food color. It will be easier if you use yogurt machine to store and warm your paints. Apply color where you are inspired to do so.
- ☐ When the cookies have cooled, use a sharp knife to cut a wedge from the top of each cookie. Position the chocolate fans on top of each cookie.
- ☐ Source: Flexible baking pans any kitchen supply store

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:2.403478284164%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 102.38kcal (5.12%), Fat: 6.07g (9.33%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.77g (3.91%), Sugar: 6.42g (7.13%), Cholesterol: 28.7mg (9.57%), Sodium: 8.5mg (0.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.77mg (1.59%), Protein: 1.58g (3.17%), Manganese: 0.12mg (5.84%),

Selenium: 3.33µg (4.76%), Copper: 0.09mg (4.59%), Phosphorus: 38.6mg (3.86%), Fiber: 0.92g (3.68%), Vitamin B2: 0.06mg (3.39%), Iron: 0.59mg (3.3%), Folate: 13.2µg (3.3%), Vitamin B1: 0.05mg (3.29%), Magnesium: 12.35mg (3.09%), Vitamin A: 132.58IU (2.65%), Vitamin B3: 0.4mg (1.99%), Calcium: 18.26mg (1.83%), Zinc: 0.26mg (1.75%), Potassium: 56.26mg (1.61%), Vitamin E: 0.2mg (1.35%), Vitamin B12: 0.07µg (1.2%), Vitamin B5: 0.12mg (1.18%), Vitamin D: 0.16µg (1.04%)