



Chocolate Malt Sandwiches



Vegetarian

READY IN



85 min.

SERVINGS



20

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup dutch-process cocoa powder for dusting plus more
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup liquid malt extract
- ☐ 2 tablespoons liquid malt extract
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt

- ☐ 0.5 cup sugar
- ☐ 12 tablespoons butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 4 ounces chocolate white coarsely chopped

Equipment

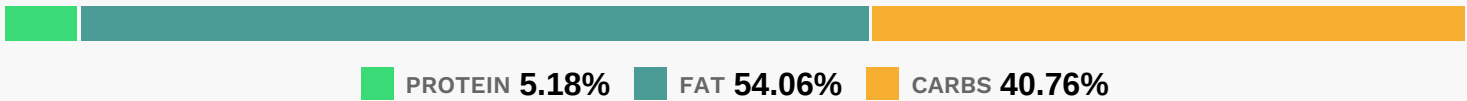
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Make the cookies: Preheat the oven to 325 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Combine the flour, cocoa powder, sugar, malted milk powder, baking soda and salt in a large bowl. With a mixer on medium-high speed, add the vanilla and then the butter, a few pieces at a time, and mix until the dough looks like wet sand and holds together when pinched, about 5 minutes. Scrape the dough onto a sheet of parchment paper and pat into a 1/2-inch-thick round. Cover with another sheet of parchment paper and refrigerate until the dough is slightly firm, about 10 minutes.
- ☐ Roll out the dough between the parchment sheets to 1/4 inch thick. Peel off the top sheet and cut the dough into squares or rounds using 1 1/2-to-2-inch cookie cutters. Reroll the scraps and repeat. (Refrigerate the dough if it gets too soft.)
- ☐ Place the cookies 1 inch apart on the prepared baking sheets.
- ☐ Bake until the cookies are set and no longer shiny, 8 to 10 minutes.
- ☐ Let cool 5 minutes on the baking sheets, then transfer to a rack to cool completely.

- ☐
- Combine the white chocolate, malted milk powder, salt and vanilla in a large bowl. Bring the cream to a simmer in a saucepan over medium heat, then pour over the white chocolate mixture and stir until smooth. Refrigerate until cold, about 25 minutes. Beat with a mixer until thick and spreadable, about 1 minute.
- ☐
- Spread about 2 teaspoons of the filling on the underside of half of the cookies, then sandwich with the remaining cookies. Dust with cocoa powder, if desired. Store in the refrigerator up to 5 days.
- ☐
- Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:11.01, Inflammation Score:-3, Nutrition Score:3.6839130423639%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 185.89kcal (9.29%), Fat: 11.53g (17.74%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 18.5g (6.73%), Sugar: 10.36g (11.52%), Cholesterol: 26.86mg (8.95%), Sodium: 67.92mg (2.95%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Caffeine: 4.95mg (1.65%), Protein: 2.49g (4.98%), Manganese: 0.16mg (7.85%), Vitamin B2: 0.12mg (6.86%), Selenium: 4.64µg (6.62%), Vitamin B1: 0.1mg (6.6%), Vitamin A: 307.31IU (6.15%), Phosphorus: 54.53mg (5.45%), Copper: 0.11mg (5.42%), Folate: 20.42µg (5.11%), Magnesium: 17.51mg (4.38%), Iron: 0.78mg (4.36%), Fiber: 1.06g (4.25%), Vitamin B3: 0.84mg (4.22%), Calcium: 32.44mg (3.24%), Potassium: 95mg (2.71%), Vitamin E: 0.33mg (2.17%), Zinc: 0.31mg (2.09%), Vitamin K: 1.57µg (1.5%), Vitamin D: 0.22µg (1.47%), Vitamin B12: 0.09µg (1.42%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.28%)