



Cook the Book: Black and White Russian Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 2.8 cups cake flour
- ☐ 0.3 cup rum / brandy / coffee liqueur such as kahlúa
- ☐ 2 tablespoons rum / brandy / coffee liqueur such as kahlúa
- ☐ 1 tablespoon plus light
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 1 tablespoon espresso powder instant
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 pound butter unsalted softened (1 stick)
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 tablespoon water

Equipment

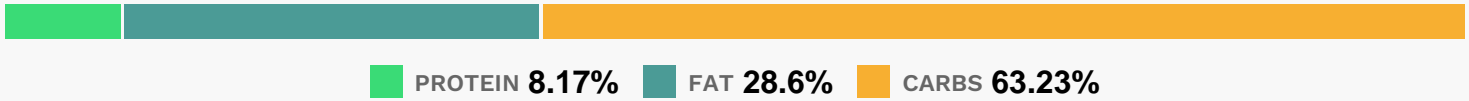
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 350°F. Line two baking sheets with parchment paper.
- ☐ In a medium bowl sift together the cake flour, all-purpose flour, instant espresso powder, baking soda, and salt.
- ☐ In a large bowl, beat butter and the sugar with an electric mixer until light and fluffy, about 3 minutes.
- ☐ Add the eggs one at a time and beat until incorporated.
- ☐ Combine the buttermilk and the coffee liqueur in a liquid measuring cup. Gradually add the flour mixture and the buttermilk mixture to the butter mixture in three additions, beginning and ending with the flour. Beat just to incorporate after each addition, and scrape down the sides of the bowl as necessary.
- ☐ Drop six large (about 1/3 cup) spoonfuls of batter onto each baking sheet, spacing them about 3 inches apart.

- ☐ Bake for 15 to 18 minutes until the tops of the cookies are puffy and the tops spring backwhen pressed lightly.
- ☐ Transfer cookies to a wire rack and allow them to cool completely.
- ☐ To make the icing, combine the confectioners sugar, corn syrup, 1 tablespoon of water and coffee liqueur in a medium bowl and stir until smooth. Spoon half of mixture into smaller bowl and stir in the cocoa powder and 1 teaspoon of water.
- ☐ Spread half of the flat "bottom" side of each cookie with the coffee icing and half with the cocoa frosting.

Nutrition Facts



Properties

Glycemic Index:29.51, Glycemic Load:28.4, Inflammation Score:-3, Nutrition Score:5.5021738617317%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 308.46kcal (15.42%), Fat: 9.49g (14.6%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 46.09g (16.76%), Sugar: 18g (20%), Cholesterol: 52.42mg (17.47%), Sodium: 92.43mg (4.02%), Alcohol: 1.61g (100%), Alcohol %: 2.24% (100%), Caffeine: 14.04mg (4.68%), Protein: 6.1g (12.2%), Selenium: 18.13µg (25.9%), Manganese: 0.32mg (16.24%), Folate: 33.35µg (8.34%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.11mg (7.64%), Phosphorus: 74.28mg (7.43%), Vitamin A: 298.22IU (5.96%), Iron: 0.99mg (5.52%), Vitamin B3: 1.05mg (5.24%), Copper: 0.09mg (4.73%), Fiber: 1.12g (4.49%), Magnesium: 15.16mg (3.79%), Calcium: 35.64mg (3.56%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.51mg (3.4%), Vitamin D: 0.44µg (2.92%), Vitamin E: 0.44mg (2.9%), Potassium: 88.45mg (2.53%), Vitamin B12: 0.14µg (2.27%), Vitamin B6: 0.03mg (1.69%)