

Cook the Book: Chocolate Sablés

READY IN



45 min.

SERVINGS



60

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 0.5 cup dutch-processed cocoa powder
- ☐ 1 large eggs
- ☐ 1 cup potato flour
- ☐ 1 pinch salt
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar for decorating
- ☐ 1 cup sugar
- ☐ 1.5 pound butter unsalted room temperature (2 sticks)

- ☐ 1 teaspoon vanilla extract pure

Equipment

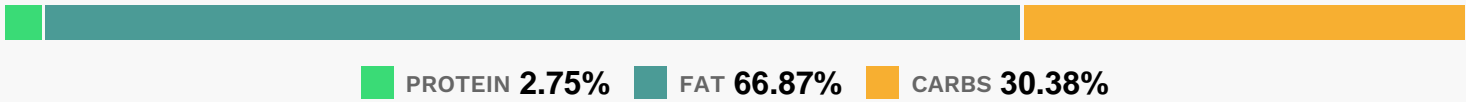
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ chefs knife

Directions

- ☐ In the top of a double boiler or in a bowl over simmering water, melt the chocolate. When chocolate is nearly melted, remove from heat and stir until smooth. Set aside to cool; return to double boiler only briefly if chocolate begins to set up.
- ☐ In a mixer fitted with the paddle attachment, beat the butter at medium speed until smooth and pale.
- ☐ Add the sugar; continue beating, scraping down bowl sides often, until mixture is completely smooth, 3 to 5 minutes total. Beat in the egg and vanilla until blended.
- ☐ Pour in melted chocolate; mix at medium-low speed just until blended, scraping down bowl sides several times.
- ☐ In another bowl, with a fork, mix together the cake flour, potato flour, cocoa powder, and salt.
- ☐ Add to the chocolate mixture; mix at low speed until just blended. Try not to overmix.
- ☐ Put the bowl of dough in refrigerator; chill for 10 to 20 minutes—until firm enough to handle but not too stiff.
- ☐ Transfer dough to a lightly floured surface. By hand, press dough into a log about 15 inches long and 2 1/2 inches in diameter. (If dough is too tacky, loosely wrap in sheet of plastic wrap to form roll.)
- ☐ Spread the crystal sugar on a baking tray.

- ☐
- Place the log (with plastic wrap removed) in sugar; roll to evenly coat all surfaces except ends. Wrap well in plastic wrap; chill until firm, at least 4 hours or up to 3 days. Log can also be frozen.
- ☐
- Position 2 racks in middle of oven; preheat to 350°F. Have ready 2 cookie sheets lined with parchment paper or Silpat nonstick baking mats.
- ☐
- Remove dough from refrigerator; let sit for about 10 minutes, until warm enough to slice evenly. Using a thin-bladed chef's knife, cut log into 1/4-inch slices.
- ☐
- Transfer slices to prepared cookie sheets, leaving 1-inch space between each.
- ☐
- Bake 10 to 12 minutes, until tops are dull. Cool on wire racks. Can be stored in airtight container up to one week.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:4.47, Inflammation Score:-2, Nutrition Score:1.8617391323914%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 142.5kcal (7.13%), Fat: 10.88g (16.74%), Saturated Fat: 6.75g (42.18%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.35g (3.76%), Sugar: 6.51g (7.23%), Cholesterol: 27.71mg (9.24%), Sodium: 5.17mg (0.22%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Caffeine: 4.9mg (1.63%), Protein: 1.01g (2.01%), Vitamin A: 289.81IU (5.8%), Manganese: 0.1mg (5.17%), Copper: 0.09mg (4.31%), Magnesium: 12.82mg (3.2%), Fiber: 0.77g (3.1%), Phosphorus: 25.96mg (2.6%), Selenium: 1.68µg (2.39%), Iron: 0.41mg (2.3%), Vitamin E: 0.31mg (2.07%), Potassium: 65.17mg (1.86%), Zinc: 0.2mg (1.35%), Vitamin B6: 0.03mg (1.26%), Vitamin D: 0.19µg (1.25%), Vitamin K: 1.09µg (1.04%)