

Cut-Out Cookies

 Vegetarian

READY IN



102 min.

SERVINGS



25

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup confectioners' sugar sifted
- 1 large eggs
- 1.5 cups flour all-purpose
- 25 servings food coloring
- 0.5 teaspoon salt
- 0.5 cup sugar
- 6 tablespoons butter unsalted soft

- 0.5 teaspoon vanilla extract pure
- 2 tablespoons just-boiled water

Equipment

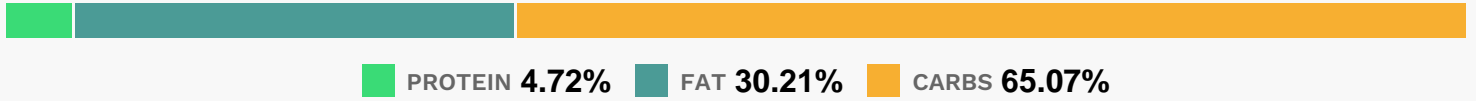
- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- cookie cutter
- spatula

Directions

- Special equipment: Cookie cutters
- Preheat the oven to 350 degrees F.
- Cream the butter and sugar together until pale and moving towards moussiness, then beat in the egg and vanilla. In another bowl, combine the flour, baking powder, and salt.
- Add the dry ingredients to the butter and eggs, and mix gently but surely. If you think the finished mixture is too sticky to be rolled out, add more flour, but do so sparingly as too much will make the dough tough. Form into a fat disk, wrap in plastic wrap, and let rest in the refrigerator for at least 1 hour.
- Sprinkle a suitable surface with flour, place disk of dough on it, and sprinkle a little more flour on top of that. Then roll it out to a thickness of about 1/4-inch.
- Cut into shapes, dipping the cutter into flour as you go, and place the cookies a little apart on 2 parchment or silpat lined baking sheets.
- Bake for 8 to 12 minutes; obviously it depends on the shape you're using and whether they are on the upper or lower shelf, though you can swap them around after about 5 minutes. When they're ready expect them to be tinged a pronounced gold around the edges; they'll be softish still in the middle, but set while they cool.
- Remove the cookies with a flat, preferably flexible, spatula to a wire rack. When they are fully cooled, you can get on with the icing. Put a couple of tablespoons of not-quite-boiling water into a large bowl, add the sieved confectioners sugar and mix together, adding more water as

you need to form a thick paste. Color,as desired. I think pastes are much better than liquid, not just because the range of colors is better but because they don't dilute the icing as they tint. Ice cooled cookies, as desired.

Nutrition Facts



Properties

Glycemic Index:9.48, Glycemic Load:6.95, Inflammation Score:-1, Nutrition Score:1.401739154173%

Nutrients (% of daily need)

Calories: 88.6kcal (4.43%), Fat: 3g (4.62%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 14.34g (5.22%), Sugar: 8.73g (9.7%), Cholesterol: 14.66mg (4.89%), Sodium: 58.55mg (2.55%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.06g (2.11%), Selenium: 3.24µg (4.63%), Vitamin B1: 0.06mg (3.99%), Folate: 14.77µg (3.69%), Vitamin B2: 0.05mg (2.89%), Manganese: 0.05mg (2.63%), Vitamin B3: 0.45mg (2.23%), Iron: 0.4mg (2.21%), Vitamin A: 94.77IU (1.9%), Phosphorus: 14.62mg (1.46%)