



Double Chocolate Sable Cookies (France)

 Vegetarian

READY IN



112 min.

SERVINGS



36

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 ounces bittersweet chocolate frozen for 10 minutes
- ☐ 0.3 cup dutch-process cocoa powder
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1 cup sugar
- ☐ 11 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula
- ☐ muffin tray
- ☐ grater

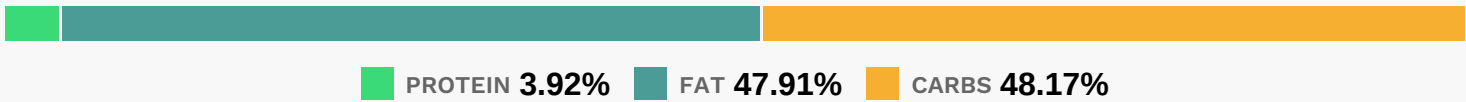
Directions

- ☐ Watch how to make this recipe.
- ☐ Grate the chilled chocolate with a fine grater or rasp and set aside.
- ☐ Whisk together the flour, cocoa powder, baking soda and sea salt.
- ☐ Beat the butter and sugar in a medium bowl with an electric mixer until just combined.
- ☐ Mix in the yolk.
- ☐ Add the dry ingredients to the butter and beat lightly together until just combined but still crumbly. Fold in grated chocolate with a spatula. Bring the dough together by lightly squeezing in your hands; but don't knead or overwork, as the secret to these cookies is their delicate, sandy texture.
- ☐ Divide the dough in half.
- ☐ Lay half the dough on a long sheet of waxed paper and shape into a log along the width of the waxed paper, leaving some space at each end. Pull the paper over the top of the log. Grip the

edge of the top piece of paper, and use a straight, firm edge, like a ruler or the edge of a pan, to press gently against the edge of the dough where the papers come together to create a solid, firm round log. Repeat with remaining dough and refrigerate for at least 1 hour. (To keep logs round store inside an empty paper towel roll.)

- ☐ Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Slice logs into 1/2-inch thick rounds with a sharp, thin knife. Divide rounds onto the prepared sheets, leaving about 1 inch between them, and refrigerate for 15 minutes.
- ☐ Bake until cookies smell fragrant with a full cocoa aroma and set on the outside, about 12 to 14 minutes.
- ☐ Remove from the oven and let cool on the pans, about 5 minutes.
- ☐ Transfer cookies to a rack to cool completely.
- ☐ Serve.
- ☐ Busy baker's tips: Dough can be made and frozen for up to 2 weeks. Store baked cookies in an airtight container for up to 5 days.
- ☐ Baked cookies can be wrapped in plastic wrap, then aluminum foil and frozen for up to 2 weeks.
- ☐ Cook's note: For super uniform cookies, place each sliced disk of dough in a muffin tin and bake. The cookies will be chewier, less sandy this way.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:1.5660869699457%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 84.87kcal (4.24%), Fat: 4.67g (7.18%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.96g (3.62%), Sugar: 6.44g (7.16%), Cholesterol: 14.44mg (4.81%), Sodium: 24.99mg (1.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.86mg (1.29%), Protein: 0.86g (1.72%), Manganese: 0.09mg

(4.61%), Copper: 0.07mg (3.37%), Selenium: 2.12µg (3.03%), Iron: 0.48mg (2.66%), Vitamin B1: 0.04mg (2.43%), Fiber: 0.6g (2.4%), Vitamin A: 114.89IU (2.3%), Magnesium: 9.2mg (2.3%), Folate: 9.02µg (2.25%), Phosphorus: 19.54mg (1.95%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.3mg (1.48%), Zinc: 0.16mg (1.08%)