



Kourambiedes

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons brandy
- ☐ 0.8 cup confectioners' sugar plus more for coating
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 pinch salt
- ☐ 0.5 pound butter unsalted softened

- ☐ 1 teaspoon vanilla extract pure

Equipment

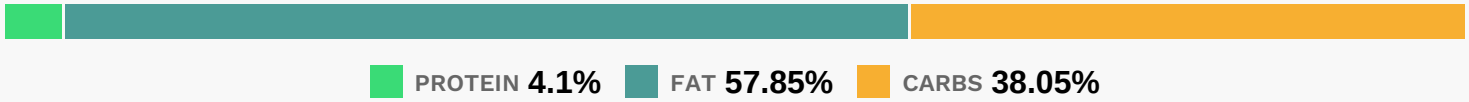
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ In a large bowl, using a handheld electric mixer, beat the butter at high speed until light and fluffy, about 10 minutes.
- ☐ Add the egg yolk, brandy and vanilla and beat until smooth.
- ☐ Sift the flour with 3/4 cup of the confectioners' sugar, the baking powder, cloves and salt.
- ☐ Add the dry ingredients to the butter mixture in 3 batches, beating at low speed just until smooth. Scrape the dough onto a large sheet of plastic wrap or wax paper and roll into a 2-inch log. Wrap and refrigerate until firm, at least 30 minutes or up to 3 days.
- ☐ Preheat the oven to 32
- ☐ Line 2 heavy baking sheets with parchment paper. Unwrap the dough and roll it into a perfect cylinder.
- ☐ Cut it into 3 equal pieces. Slice each piece crosswise into 12 cookies and arrange them on the prepared sheets about 1 inch apart.
- ☐ Bake the cookies on the top and middle racks of the oven for 20 minutes, or until golden on the bottom; shift the sheets from top to bottom halfway through baking.
- ☐ Let the cookies cool slightly on the sheets, about 15 minutes.
- ☐ Pour confectioners' sugar into a large shallow bowl.
- ☐ Add the warm cookies in batches and heavily coat the tops and sides.

- ☐
- Transfer the cookies to a sheet of wax paper that has been dusted with confectioners' sugar and let cool.
- ☐
- Make Ahead: The cookies can be stored in an airtight tin between layers of wax paper for up to 2 weeks.
- ☐
- Serve With: Honey–Poached Quinces

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:1.3482608665591%

Nutrients (% of daily need)

Calories: 83.99kcal (4.2%), Fat: 5.3g (8.16%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.66g (2.79%), Sugar: 2.48g (2.76%), Cholesterol: 18.64mg (6.21%), Sodium: 8.11mg (0.35%), Alcohol: 0.32g (100%), Alcohol %: 2.33% (100%), Protein: 0.85g (1.69%), Selenium: 2.7µg (3.85%), Vitamin B1: 0.06mg (3.72%), Folate: 13.59µg (3.4%), Vitamin A: 164.25IU (3.29%), Manganese: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.33%), Vitamin B3: 0.41mg (2.07%), Iron: 0.35mg (1.92%), Phosphorus: 12.12mg (1.21%), Vitamin E: 0.16mg (1.09%)