



Orange Pistachio Crescents

 Vegetarian

READY IN



180 min.

SERVINGS



36

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup confectioners sugar
- ☐ 2 large egg yolks
- ☐ 2.7 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 3 tablespoons ice water
- ☐ 1 large navel oranges
- ☐ 2.3 ounces pistachios coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 sticks butter unsalted cold cut into 1/2-inch cubes
- ☐ 0.8 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ rolling pin
- ☐ pastry brush

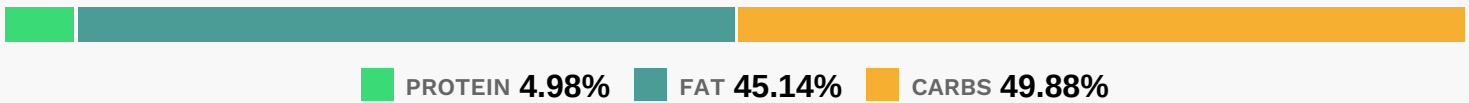
Directions

- ☐ Whisk together flour, sugar, and salt in a large bowl (or pulse in a food processor). Blend in butter with your fingertips or a pastry blender (or pulse) until mixture resembles coarse meal with some roughly pea-size butter lumps. Beat together yolks and 3 tablespoon water with a fork and stir into flour (or pulse) until incorporated.
- ☐ Gently squeeze a small handful of dough: If it doesn't hold together, stir (or pulse) in 1 tablespoon more water. Do not overwork dough or pastry will be tough.
- ☐ Turn out dough onto a lightly floured surface and divide into 8 portions. With heel of your hand, smear each portion once in a forward motion to help distribute fat. Gather dough together and divide in half. Form each half into a 4-inch square. Wrap each in plastic wrap

and chill until firm, at least 1 hour.

- ☐ Cut off peel, including white pith, from orange with a sharp knife and finely chop. (Reserve fruit for another use.) Put peel in a 2-quart heavy saucepan, then fill with water.
- ☐ Add salt and bring to a boil, then boil, uncovered, 10 minutes.
- ☐ Drain in a fine-mesh sieve.
- ☐ Bring granulated sugar and water (3/4 cup) to a boil in saucepan over medium-high heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water.
- ☐ Add peel to syrup. Gently simmer, uncovered, until peel begins to turn translucent and syrup is reduced to about 2/3 cup, 20 to 30 minutes.
- ☐ Drain peel in fine-mesh sieve set over a bowl, reserving 3 tablespoon syrup. Stir together peel, reserved syrup, and pistachios. Cool to room temperature.
- ☐ Preheat oven to 375°F with rack in middle. Line a large baking sheet with parchment paper.
- ☐ Roll out 1 piece of dough on a floured surface with a floured rolling pin into a 15- by 12-inch rectangle.
- ☐ Cut out 16 to 20 rounds with cookie cutter.
- ☐ Put a scant teaspoon filling on each round, then brush edge lightly with water and fold pastry over filling to form a half-moon. Press edges to seal. Shape each into a crescent by pushing a finger against middle of flat side.
- ☐ Bake 1 inch apart on baking sheet until golden, 15 to 20 minutes.
- ☐ Transfer cookies on parchment to a rack to cool 2 minutes. Toss warm cookies, a few at a time, in confectioners sugar to coat generously. Cool completely.
- ☐ Repeat with remaining dough (cool baking sheet and line with fresh parchment). Reroll scraps once for extra cookies if desired.
- ☐ •Dough can be chilled up to 1 day or frozen 2 weeks. Thaw in refrigerator. •Cookies keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:8.08, Inflammation Score:-2, Nutrition Score:2.3595652074918%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 122.63kcal (6.13%), Fat: 6.26g (9.63%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 15.04g (5.47%), Sugar: 7.92g (8.8%), Cholesterol: 23.7mg (7.9%), Sodium: 34.1mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin B1: 0.09mg (6.18%), Selenium: 3.9µg (5.57%), Folate: 20.74µg (5.18%), Manganese: 0.09mg (4.33%), Vitamin A: 187.46IU (3.75%), Vitamin B2: 0.06mg (3.48%), Iron: 0.54mg (2.98%), Vitamin B3: 0.59mg (2.95%), Vitamin C: 2.4mg (2.91%), Phosphorus: 24.77mg (2.48%), Fiber: 0.52g (2.07%), Copper: 0.04mg (2.06%), Vitamin B6: 0.04mg (2.04%), Vitamin E: 0.22mg (1.48%), Magnesium: 4.84mg (1.21%), Potassium: 37.22mg (1.06%)