



Parmesan Shortbread with Fennel and Sea Salt

READY IN



45 min.

SERVINGS



18

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon fennel seeds
- ☐ 2 cups flour all-purpose plus more
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 ounces parmesan finely grated
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon coarse salt

- ☐ 1 cup butter unsalted room temperature (2 sticks)

Equipment

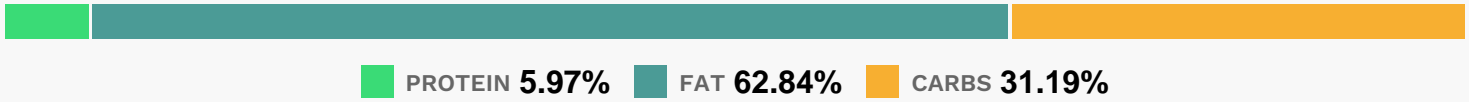
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Using an electric mixer, beat butter in a medium bowl on low speed until smooth, 1–2 minutes.
- ☐ Add powdered sugar, pepper, and kosher salt. Reduce speed to medium and beat, occasionally scraping down sides of bowl, until light and fluffy, 4–5 minutes.
- ☐ Add flour and cheese. Reduce mixer speed to low and beat mixture just until dough comes together.
- ☐ Wrap dough in plastic and flatten into a rectangle. Chill until firm, at least 2 hours. DO AHEAD: Dough can be made 5 days ahead. Keep chilled.
- ☐ Let stand at room temperature for 30 minutes before continuing.
- ☐ Place fennel seeds in a resealable plastic freezer bag. Coarsely crush with a rolling pin or the bottom of a skillet. Alternatively, pulse in a spice mill until coarsely crushed.
- ☐ Transfer to a small bowl; stir in sea salt. Set fennel salt aside.
- ☐ Arrange a rack in center of oven and preheat to 350°F. Line a baking sheet with parchment paper.
- ☐ Remove plastic wrap from dough.
- ☐ Roll out dough on a lightly floured surface to a 10x8" rectangle about 1/4" thick.
- ☐ Cut in thirds crosswise, then cut each third crosswise into 6 rectangles. Arrange cookies on prepared baking sheet, spacing 1" apart.
- ☐ Brush cookies generously with oil, then sprinkle with fennel salt.

- ☐
- Bake, rotating sheet halfway through,until cookies are golden brown (flecksof cheese will be slightly darker), 20–24minutes.
- ☐
- Let cool on sheets for at least10 minutes.
- ☐
- Serve warm or at room temperature.DO AHEAD: Can be made 2 daysahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:3.2417391596929%

Nutrients (% of daily need)

Calories: 181.47kcal (9.07%), Fat: 12.79g (19.67%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 13.74g (5%), Sugar: 3.33g (3.7%), Cholesterol: 29.26mg (9.75%), Sodium: 278.63mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.11mg (7.49%), Vitamin A: 340.81IU (6.82%), Manganese: 0.13mg (6.63%), Folate: 26.03µg (6.51%), Vitamin B2: 0.09mg (5.02%), Calcium: 47.07mg (4.71%), Vitamin B3: 0.86mg (4.28%), Iron: 0.76mg (4.21%), Phosphorus: 41.69mg (4.17%), Vitamin E: 0.53mg (3.55%), Fiber: 0.54g (2.14%), Vitamin K: 2.1µg (2%), Magnesium: 6.17mg (1.54%), Copper: 0.03mg (1.42%), Zinc: 0.21mg (1.4%), Vitamin D: 0.2µg (1.37%)