

Petite Lemon Curd Cookies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



72

CALORIES



34 kcal

DESSERT

Ingredients

- 1.5 cups powdered sugar for dredging and dusting
- 2 tablespoons cornstarch
- 4 large egg yolk
- 0.8 cup granulated sugar
- 0.8 cup juice of lemon fresh
- 1 tablespoon lemon zest fresh finely grated
- 0.5 teaspoon salt
- 0.5 cup butter unsalted cut into bits

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- ziploc bags
- wax paper
- rolling pin
- pastry bag

Directions

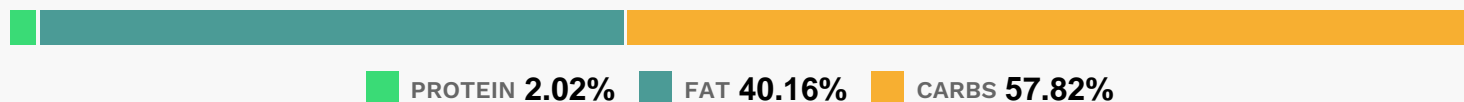
- Follow recipe for basic butter cookies, forming dough into 2 balls (instead of a log) and flattening each into a 6-inch disk. Chill disks, wrapped in plastic wrap, until firm, at least 1 hour.
- Simmer lemon juice, zest, sugar, butter, cornstarch, and salt in a 2-quart heavy saucepan over moderately high heat, whisking constantly, 1 minute. Lightly beat yolks in a small bowl, then add 1/4 cup lemon mixture, whisking.
- Add yolk mixture to remaining lemon mixture, then reduce heat to low and cook, whisking constantly, until curd is thick enough to hold marks of whisk, about 2 minutes.
- Transfer to a bowl, then cover surface with plastic wrap and chill while rolling out dough.
- While oven preheats, roll out 1 piece of dough (keep remaining dough chilled) into a 9-inch round (slightly less than 1/4 inch thick) on a well-floured surface with a well-floured rolling pin. (If dough becomes too soft to roll out, chill on a baking sheet until firm.)
- Cut out as many cookies as possible with cutter.
- Bake cookies, switching position of sheets halfway through baking, until edges are golden, 8 to 10 minutes. Dredge warm cookies in confectioners sugar until coated and transfer to a rack to cool completely. Make more cookies in same manner.
- Transfer lemon curd to pastry bag or plastic bag (snip an 1/8-inch opening in a corner of plastic bag). Put 1 cookie upside down on work surface and pipe about 1/2 teaspoon lemon

curd onto cookie, then top with another cookie, right side up, to form a sandwich. Make more sandwiches in same manner.

Just before serving, sift some remaining confectioners sugar over tops of sandwiched cookies.

• Cookies (baked and coated with confectioners sugar but not filled with lemon curd) keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week. • Lemon curd (before filling cookies) can be made 1 day ahead and chilled, covered. • Sandwiched cookies (without additional confectioners sugar) keep, layered between sheets of wax paper or parchment in an airtight container, chilled, 4 days.

Nutrition Facts



Properties

Glycemic Index:0.97, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.33130434819538%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.53kcal (1.68%), Fat: 1.54g (2.37%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.6g (5.11%), Cholesterol: 13.59mg (4.53%), Sodium: 16.9mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Vitamin C: 1.09mg (1.32%), Vitamin A: 53.21IU (1.06%)