



Rum Raisin Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



54

CALORIES



71 kcal

DESSERT

Ingredients

- 1 teaspoon coarse salt
- 0.8 cup confectioners' sugar
- 1 cup currants
- 0.5 cup rum dark
- 1.5 cups flour all-purpose
- 0.5 teaspoon orange zest finely grated
- 1 cup butter unsalted room temperature (2 sticks)
- 0.8 cup coconut or shredded unsweetened finely

- 1 teaspoon vanilla extract pure

Equipment

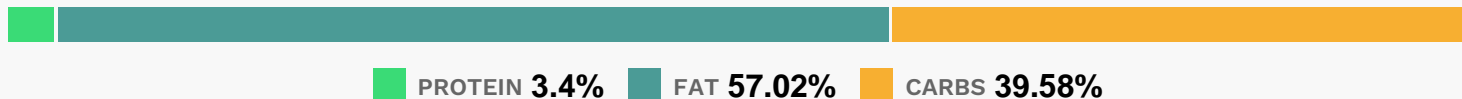
- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Combine rum and currants in an airtight container; let sit at room temperature overnight.
- Drain; reserving 2 tablespoons rum.
- Put butter, confectioners' sugar, and zest in the bowl of an electric mixer fitted with the paddle attachment. Beat until creamy and smooth, about 2 minutes.
- Add vanilla and reserved rum. Beat well, scraping down the sides of the bowl as necessary. Reduce speed to low.
- Add flour, coconut, and salt, and beat for 3 minutes. Stir in currants by hand. Divide dough in half and form each into a log about 1/2 inches in diameter; wrap in parchment, and refrigerate 1 hour (or up to 3 days).
- Preheat oven to 325°F.
- Remove dough from parchment; slice into 1/4-inch-thick rounds.
- Place on parchment paper-lined baking sheets, spacing about 1 inch apart.
- Bake until pale golden, about 20 minutes, rotating sheets halfway through.
- Transfer to wire racks to cool completely. Cookies can be stored in airtight containers at room temperature up to 1 week.
- Taste
- Book, using the USDA Nutrition Database
- Reprinted with permission from Martha Stewart's Cookies: The Very Best Treats to
- Over the years, more than two dozen books have been published by the magazine's editors. Martha Stewart is the author of dozens of best-selling books on cooking, entertaining,

gardening, weddings, and decorating. She is the host of The Martha Stewart Show, the successful daily syndicated television show.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:1.0973913115652%

Nutrients (% of daily need)

Calories: 70.89kcal (3.54%), Fat: 4.28g (6.59%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.41g (3.79%), Cholesterol: 9.04mg (3.01%), Sodium: 45.28mg (1.97%), Alcohol: 0.77g (100%), Alcohol %: 6.19% (100%), Protein: 0.58g (1.15%), Manganese: 0.07mg (3.63%), Vitamin B1: 0.03mg (2.18%), Vitamin A: 107.07IU (2.14%), Selenium: 1.49µg (2.12%), Folate: 6.87µg (1.72%), Fiber: 0.42g (1.69%), Iron: 0.26mg (1.43%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.26mg (1.29%), Copper: 0.02mg (1.23%), Phosphorus: 10.16mg (1.02%)