



Sablé Galette Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 2 large egg yolk divided
- ☐ 2 cups flour all-purpose
- ☐ 1 cup butter cut into tablespoons (2 sticks)
- ☐ 2 tablespoons orange-flower water
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 tablespoon water cold divided

Equipment

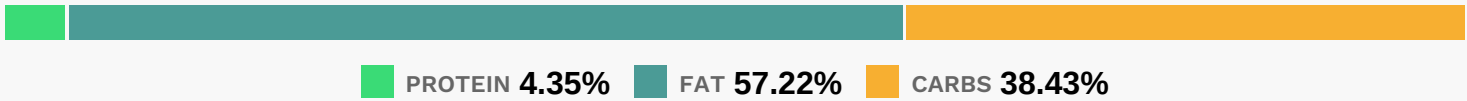
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Place the flour, margarine, salt and 1/2 cup of the sugar in the bowl of a food processor fitted with a metal blade. Pulse about seven times, or until the mixture looks like sand. You can also do this by hand in a large bowl with two knives or a pastry cutter.
- ☐ Add 1 egg yolk, the vanilla, orange blossom water, if using, and the tablespoon of cold water. Process or mix just until the dough comes together.
- ☐ Place a large piece of parchment on the counter and grease lightly using the paper or foil wrapper that wrapped the margarine. Dump the dough onto the greased parchment and, using a rolling pin, roll into a large circle, about 9 inches in diameter.
- ☐ To decorate the edge of the cookie, using the flat end of the handle of a wooden spoon, or the tip of your index finger, make indentations one after the other all around the outside of the circle.
- ☐ Whisk together the remaining egg yolk with the 1/2 tablespoon of water.
- ☐ Brush the top of the cookie with egg wash. Using the tines of a fork, make one set of lines straight across the top of the cookie. Make another set about 2 inches below the first. Repeat until you have four to five sets of lines. Now slide the parchment a quarter turn to the right and make four to five additional sets of lines, each about 2 inches apart. The new set of lines should cross the first set of lines on an angle, creating a diamond-shaped grid.

- ☐ Sprinkle the top of the cookie with the remaining teaspoon of sugar. Slide the parchment onto a cookie sheet and bake for 35 to 37 minutes, until the edges start to look golden.
- ☐ Remove from the oven and immediately cut the cookie into 8 or 12 large wedges or about eighteen 1 x 3-inch bars, if you like. If you wait until the cookie cools to cut it, you will not get nice clean edges.
- ☐ Place baked cookies into an airtight container or freezer bags and store at room temperature for up to five days or freeze up to three months.
- ☐ From The Kosher
- ☐ Baker: Over 160 Dairy-free Recipes from Traditional to Trendy by Paula Shoyer. Copyright © 2010 Brandeis University. Reprinted with permission from Brandeis University Press/University Press of New England.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:11.55, Inflammation Score:-4, Nutrition Score:2.837826040209%

Nutrients (% of daily need)

Calories: 169.02kcal (8.45%), Fat: 10.81g (16.63%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.95g (5.8%), Sugar: 5.61g (6.23%), Cholesterol: 20.4mg (6.8%), Sodium: 122.37mg (5.32%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.85g (3.7%), Vitamin A: 478.34IU (9.57%), Selenium: 5.8µg (8.28%), Vitamin B1: 0.11mg (7.58%), Folate: 28.3µg (7.08%), Vitamin B2: 0.08mg (4.97%), Manganese: 0.1mg (4.81%), Vitamin B3: 0.82mg (4.12%), Iron: 0.7mg (3.88%), Vitamin E: 0.45mg (2.99%), Phosphorus: 25.27mg (2.53%), Fiber: 0.38g (1.5%), Vitamin B5: 0.13mg (1.28%), Copper: 0.02mg (1.1%)