

Salted Rye Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



67 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 150 g granulated sugar
- ☐ 48 servings kosher salt
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 230 g rye flour dark whole ()
- ☐ 3 tablespoons sugar
- ☐ 1 cup butter unsalted at room temperature (2 sticks / 225 g)

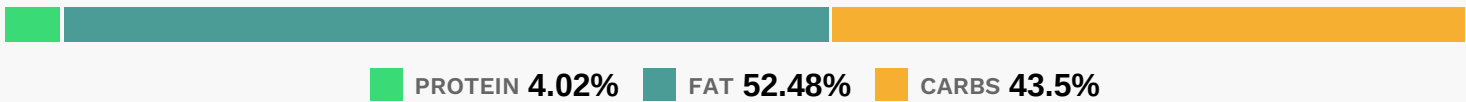
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Cut the tube open vertically along one side and nest the wrapped log inside, then tape or rubber-band the tube closed. Chill in the refrigerator until firm, about 1 hour.
- ☐ Preheat the oven to 350°F (175°C). Line two baking sheets with parchment paper.
- ☐ On a sheet of waxed paper, combine 1 1/2 teaspoons salt and the sparkling sugar. Unwrap the dough logs and roll them in the mixture to coat well.
- ☐ Place each log on a cutting board and cut into 1/8-inch-thick (3-mm-thick) rounds, arranging the rounds 1 inch (2.5 cm) apart on the prepared baking sheets.
- ☐ Bake until lightly browned at the edges, about 16 minutes, rotating the pans halfway through so the cookies bake evenly.
- ☐ Remove to wire racks to cool completely. The cookies can be stored at room temperature in an airtight container for up to 1 week.
- ☐ Variation
- ☐ * For black walnut teff cookies: Instead of the rye flour, use 1 2/3 cups (225 g) teff flour and 1 cup (115 g) whole spelt flour. Omit the orange zest and add 1/2 cup (60 g) chopped black walnuts to the dough.
- ☐ Roll the dough logs in maple sugar, if you like.
- ☐ From Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook by Liana Krissoff. Copyright © 2012 Liana Krissoff; photographs copyright © 2012 Rinne Allen. Published in 2012 by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.0634782520811%

Nutrients (% of daily need)

Calories: 67.16kcal (3.36%), Fat: 4.02g (6.18%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.92g (2.52%), Sugar: 3.92g (4.36%), Cholesterol: 14.04mg (4.68%), Sodium: 195.94mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.12mg (5.85%), Vitamin A: 123.89IU (2.48%), Fiber: 0.57g (2.27%), Selenium: 1.08µg (1.54%), Phosphorus: 13.99mg (1.4%), Vitamin E: 0.19mg (1.26%)