



Sparkling Ginger Stars

 Vegetarian

READY IN



29 min.

SERVINGS



100

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 3.3 oz coarse sparkling sugar (see note)
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons whipping cream

Equipment

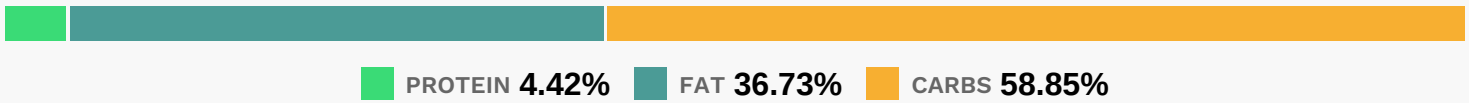
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Combine first 7 ingredients in a medium bowl; stir until blended.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add brown sugar, beating well. Beat in molasses, egg yolk, lemon rind, grated ginger, and vanilla. Stir in flour mixture; beat just until blended.
- ☐ Shape dough into a ball, and divide in half. Flatten each half into a round disk; wrap each in plastic wrap, and chill 2 1/2 hours until firm.
- ☐ Line 2 large baking sheets with parchment paper.
- ☐ Roll out dough, 1 section at a time, to 1/4" thickness on a lightly floured surface.

- ☐ Cut into star shapes, using a 4" cookie cutter.
- ☐ Place 1/2" apart on prepared baking sheets.
- ☐ Whisk together 1 egg and whipping cream; brush egg wash lightly over cookies.
- ☐ Sprinkle heavily with sparkling sugar.
- ☐ Bake at 325 for 17 minutes or until cookies are puffed and slightly darker around edges. Cool 2 minutes on baking sheets; remove with parchment paper to wire racks to cool completely.
- ☐ Note: Sparkling sugar can be purchased at gourmet grocery stores or cake decorating shops, or ordered from La Cuisine at 800-521-1176 or lacuisineus.com

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:0.60217390598162%

Nutrients (% of daily need)

Calories: 27.81kcal (1.39%), Fat: 1.15g (1.77%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.64g (2.94%), Cholesterol: 6.58mg (2.19%), Sodium: 18.81mg (0.82%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Protein: 0.31g (0.62%), Manganese: 0.05mg (2.35%), Selenium: 1.1µg (1.58%), Vitamin B1: 0.02mg (1.05%)