



Thyme, Lemon, and Sea-Salt Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



26

CALORIES



69 kcal

Ingredients

- ☐ 1 tablespoon sea salt
- ☐ 1 large eggs lightly beaten
- ☐ 2 large egg yolk
- ☐ 1.8 cups flour all-purpose
- ☐ 1.5 teaspoons thyme sprigs fresh finely chopped
- ☐ 1 tablespoon lemon zest freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted at room temperature (1 stick)

Equipment

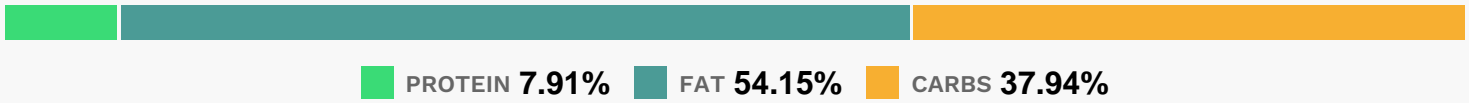
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ rolling pin

Directions

- ☐ Stir the flour, salt, lemon peel, and thyme together in a medium bowl. With your fingertips, rub the butter into the dry ingredients until a coarse, crumbly mixture forms. Blend the lightly beaten egg, egg yolks, and water together. Reserve 1 tablespoon of the egg mixture for brushing.
- ☐ Make a well in the center of the flour.
- ☐ Add the remaining egg mixture and blend together with your hands without kneading the dough together; the dough will look a bit crumbly. Turn the dough out onto a lightly floured work surface. Knead the dough together once or twice, just until it sticks together. Press the dough into a 1-inch disc, wrap in plastic film, and refrigerate until firm, about 1/2 hour.
- ☐ Preheat the oven to 350°F and line the bottom of a baking sheet with parchment paper or a nonstick baking mat.
- ☐ Remove the dough from the refrigerator, unwrap, and place it on a floured work surface. Press the dough into a 6-by-5-inch rectangle. With a rolling pin, roll the dough into a larger 10-by-7-inch rectangle, about 1/4 inch thick.
- ☐ Cut the dough in half, forming two 5-by-7-inch pieces. Using a pizza wheel or sharp paring knife, cut into 1/2-inch-wide strips. Carefully place the cookies on the prepared baking sheet leaving a little room between each cookie.
- ☐ Brush the tops with the reserved egg mixture and sprinkle a little coarse sea salt on top. Gently press the salt into the surface of each cookie so it does not fall off.
- ☐ Bake until lightly browned, about 20 minutes.
- ☐ Transfer to a cooling rack and serve warm or at room temperature. Store the cookies in an airtight container at room temperature for up to 1 week.

From Savory Baking:Warm and Inspiring Recipes for Crisp, Crumbly, Flaky Pastries byMary Cech. Text copyright © 2009 by Mary Cech; photographs copyright © 2009 by Noel Barnhurst. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:4.62, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:1.8226087106311%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 69.11kcal (3.46%), Fat: 4.16g (6.39%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.28g (2.28%), Sugar: 0.05g (0.05%), Cholesterol: 30.66mg (10.22%), Sodium: 294.72mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Selenium: 4.22µg (6.03%), Vitamin B1: 0.07mg (4.64%), Folate: 18.42µg (4.61%), Vitamin B2: 0.06mg (3.5%), Manganese: 0.06mg (3.08%), Vitamin A: 143.93IU (2.88%), Iron: 0.49mg (2.69%), Vitamin B3: 0.5mg (2.52%), Phosphorus: 19.19mg (1.92%), Vitamin D: 0.17µg (1.16%), Vitamin B5: 0.11mg (1.11%), Fiber: 0.27g (1.07%), Vitamin E: 0.16mg (1.07%)