

Grocery List 12/08 Zoom Class

Produce:

1 lemon

Dairy:

1 ½ lb Unsalted
butter

Staples:

6 cups All-purpose flour (4 c & 2 c)
pinch salt
½ cup toasted pecan pieces
½ cup sugar
¾ lb light brown sugar
Sprinkles of choice

Equipment Needed:

Polish Butter Cookies:

Electric mixer with bowl and paddle attachment
Or
Electric hand mixer with beaters and mixing bowl
Rubber Spatula
Cookie Scoop (walnut size balls)
2-3 sheet pans with parchment paper
1 fork
small bowl for egg whites
1 -2 Cooling racks
Spatula for removing cookies

Shortbread:

Electric mixer with bowl and paddle attachment
Or
Electric hand mixer with beaters and mixing bowl
Rubber Spatula
8x8x2" pan
OR
1-2 sheet pans lined with parchment
Plastic wrap or parchment if rolling into logs
Cooling racks

PREP: For both recipes just make sure you have all ingredients at room temperature and all your equipment out and ready.

Polish Butter Cookies

Makes about 4 dozen cookies

4 cups	all-purpose flour
1 pound	unsalted butter, softened
¾ pound	light brown sugar
1 teaspoon	vanilla extract
2 large	eggs, separated

Decorations:

sprinkles of choice
½ pecans or walnuts
½ candied cherries

Place the butter in the bowl of an electric mixer with the paddle attachment. Beat the butter on medium speed to cream it. Stop mixer and scrape down the bowl. Add the brown sugar and beat again for 1 minute. Add the egg yolks and vanilla. Reserve the egg whites for later.

Slowly add the flour until it is all mixed in and you have a stiff dough. Transfer the dough to a bowl and cover with plastic wrap. Refrigerate for few hours or overnight.

Preheat oven to 300°F.
Line sheet pans with parchment paper.

Allow the dough to sit out at room temperature for 30 to 40 minutes. Roll walnut-sized balls out of the dough, and place 12 per pan. Dip a fork into the egg whites and gently press down on each ball of dough. Then sprinkle each cookie with holiday sprinkles.

Bake at 300°F for 12 to 15 minutes or until the cookies are lightly browned. Transfer to a cooling rack and allow to cool. Repeat until all the dough has been shaped and baked off.

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Cakes, Cookies and Candies 912

Lemon Pecan Irish Shortbread

Makes About 2 dozen

8 oz. unsalted butter
½ cup sugar
1 Tbs freshly grated lemon zest
2 cups flour
pinch salt
½ cup toasted pecan pieces

Preheat the oven to 250 degrees.

Combine the butter, sugar, and lemon zest in the bowl of an electric mixer. Using the paddle attachment, mix on low speed for 15 seconds. Add the flour and salt and continue mixing on low speed for 3-5 minutes, until the dough comes together. It will look dry just before it comes together. Add in the pecan pieces and mix just enough to bring together.

Press the dough into a buttered and floured 8x8x2 inch pan. Try and make it as even as possible. You can use a plastic bench scraper to help remove any bumps from the top. With a fork dot the top of the shortbread. Chill for 1 hour before baking.

Bake at 250 degrees for 45-50 minutes or longer. You are looking for the top to be lightly browned. Remove from the oven and with a knife score the top into 2 inch long by 1 inch long rectangles. Allow to cool and set for another 15 minutes. Turn the pan over to remove the shortbread. Carefully turn the shortbread over and using a knife carefully follow the scoring lines and cut all the way through.

Allow the shortbread to cool completely before serving.

You can divide the dough in ½ and roll into a log shape in parchment paper or plastic wrap. You can then chill or freeze the logs until needed. If frozen allow to thaw a bit and then slice into 1/2” rounds and bake at 250 degrees for 20-25 minutes.

Variations

- Dip the ends in melted chocolate
- Hazelnut Shortbread: Add ½ cup ground toasted and skinned hazelnuts
- Espresso Shortbread: Add 1 tsp espresso powder
- Orange Shortbread: Add 3 Tbs. chopped orange zest
- Lemon Shortbread: Add 3 Tbs. chopped lemon zest
- Cinnamon Shortbread: Add 1 tsp. ground cinnamon

You can also roll the dough out on a lightly floured surface and cut out into any shape desired. Chill for 1 hour before baking and bake for about 45 minutes. Or form into a log and wrap in plastic wrap and freeze until needed. Allow to thaw in fridge over night and slice and bake.

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