



Kamishbroit (also known as Mandelbrot and Kamish)

Crunchy, not-too-sweet cookies made without using oil or fat

- 2-1/2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 eggs
- 1-1/3 cups granulated sugar
- 2 teaspoons water
- 1 teaspoon pure vanilla extract
- 2 cups chopped walnuts (or use 1 cup chopped walnuts; 1/2 cup mini chocolate chips, and 1/2 cup chopped candied or softened dried cherries)

Before Starting: Line a cookie sheet with foil; grease the foil.

Combine Dry Ingredients: In a medium sized bowl, stir together flour, salt, and baking powder; set aside.

Beat Egg Mixture: In a mixing bowl, beat eggs, sugar, 2 teaspoons water and vanilla, about 5 minutes or until mixture thickens and forms a ribbon shape when beaters are lifted.

Mix Cookie Dough: Slowly add half of the dry ingredients to the batter; then mix in the nuts, chocolate chips and cherries. Stir in the remaining flour. It will become very crumbly and thick.

Shape into Loaves: Turn onto a pastry sheet to lightly knead the dough. If dough is too crumbly and doesn't stick together when you press it, wet your hands. If it is too sticky, flour your hands generously before shaping. Form into two (10-inch long) loaves. Move loaves to prepared cookie sheet. Reshape loaves to 12-inch-long and about 1-1/2 inches thick. (She made her cookies into 16-inch loaves.) Set aside; cover with towel while preheating oven, about 10 to 15 minutes.

Bake a Softer Chewy Cookie: Preheat oven to 350 degrees F. Bake in preheated oven for about 20 to 25 minutes or lightly browned and an inserted toothpick in the center will come out clean.

Cut into Cookie Slices: Let loaves cool for about 20 minutes before cutting into ¼ to ½ inch diagonal slices. They will be soft and chewy in texture. (The original cookie recipe baked them only once.)

For Crisp Harder Dipping Cookies: Replace cookies on cookie sheet, lay slices on sides close together and return to the 375 degrees F. oven for 5 minutes; turn cookies over, bake for 5 minutes longer. Cool on wire rack; store in airtight containers. Yield: about 2 dozen cookies

Heart Warming Story about the Recipe: by Sarah Wernick

“Going for the dough with Grandma’s nut cookies” (source-newspaper)

Her grandmother, Sylvia Lindenbaum was an excellent cook and didn't use recipes since she felt a cook needed to feel the ingredients. Family members, especially a distant cousin, wanted her delicious Kamishbroit cookie recipe. So, when Sarah was about 10 years old, her family figured out how to get a written copy of the recipe. My mom, hearing about a \$25,000 Pillsbury Bake-Off thought it would be the perfect winning recipe. It was different, delicious, simple to make, and perfect for serving to company.

My mother obtained the necessary form and sent the kamishbroit recipe, that she called *Nut Cracker Sweets*, off to Pillsbury. During the weeks that followed, our family debated how best to spend the \$25,000. A new car, furniture, a new stove for Grandmother? We watched for the mailman every morning and dashed when the telephone rang. Nothing! Not even a summons to a semifinal! The 20th Pillsbury Bake-Off was held, and a concoction of marshmallows dipped in melted butter won the top prize.

If you try Sarah's grandmother's recipe, she is sure that you'll agree with her family: Pillsbury made a BIG mistake!

Cook's Note: I made the recipe using walnuts, mini chips, and soft dried cherries. In place of water, I used a brandy flavored liquid. We baked them twice, so they were crispier for dipping into coffee or tea. They were gone in one evening. Wow! They sure have a winning quality and no extra fat.

About the Recipe: These crunchy, not-too-sweet cookies are also known as Mandelbrot and Kamish. They are a Jewish version like an Italian biscotti. When they are double-baked, you can dunk them into your cup of tea or coffee. They also can be served with your favorite holiday wine.