



Crispy “Love Token Biscuit” Cookies

Adapted from David Copperfield’s Soft, Seedy Biscuits

1/2 cup plus 1 Tablespoon (125 g) unsalted butter, softened
6 Tablespoons (75 g) light brown sugar
1/2 to 1 teaspoon grated lemon peel
1 egg, separated
1/2 Tablespoon (each) caraway seeds; poppy seeds
1-1/2 cups (200 g) all-purpose flour
1/8 teaspoon salt
1/4 teaspoon baking powder
1 Tablespoon whole milk
Topping: light brown sugar; ground cinnamon as desired

Before Baking: Preheat oven to 400 degrees F (200 degrees C.); line cookie sheets with silicone liners or grease cookie sheets

Cream Ingredients: In a mixing bowl, cream softened butter and light brown sugar; add the lemon peel and egg yolk until pale and fluffy. (Set egg white aside). Stir in the caraway and poppyseeds.

Form Dough: In a separate bowl, sift flour, salt, and baking powder. Slowly add to creamed mixture to make a crumbly dough. Mix in the milk to form a soft dough.

Roll and Cut Out Cookies: On a lightly floured surface, roll out a portion of dough to form a 1/8 inch to 1/4-inch thickness. Using a 2 or 2-1/2 inch (5 or 6 cm) round cutter or a heart-shaped one, cut out round or heart shapes. Transfer to the prepared cookie sheets. Roll remaining dough and re-roll the trimmings to make more cookies.

Bake Cookies: Bake in the preheated 400 degrees F. (200 degrees C) oven for 5 minutes until lightly brown bottoms and pale gold. Remove from the oven, brush with a little beaten egg white and sprinkle with a pinch of brown sugar. Return to the oven; bake for another 2 to 3 minutes.

Before Serving: Cool for 10 minutes; remove to cooling rack to cool completely.
Yield: 33 crisp cracker cookies

Cook's Note: The original biscuit recipe was rolled thicker, used 2 Tablespoons of seeds (either caraway or poppyseeds), baked for 8 to 10 minutes; then 3 minutes; and made 15 to 16 cook-like biscuits. We also added a touch of ground cinnamon for a light spicy accent.

Recipe Inspired by: *Dinner with Dickens* by Pen Vogler Cico Books. 2017
And <https://www.europeworldnews.com/how-the-food-of-charles-dickens-defined-christmas/>

About the Recipe: “The seedy biscuits are delicious – the same kind that the young David Copperfield offered to a little girl he had fallen in love with as a token of his esteem- and they go beautifully with our Darjeeling tea.” This cookie is crisp with a buttery flavor, dotted with either poppyseeds, caraway seeds, or both of them. During Victorian years, they favored using seeds in baked dishes.