



Featured Grain: Einkorn Flour – Western Asia and North Africa

Golden Butter Crisp Cookies

Made with Einkorn easy-to-digest flour and filled with a favorite fruit spread

- 1 cup unsalted butter softened
- 1 cup granulated sugar
- 1 large egg
- 1/2 Tablespoon (each) lemon juice; vanilla extract
- 3 cups all-purpose einkorn flour
- 1/2 teaspoon fine salt
- 3 Tablespoons sparkling sugar (we used colors coral, white, gold)
- Favorite fruit spreads (we used fig and golden apricot)

Preheat the oven to 350F and line cookie sheets with parchment paper.

Prepare the Dough:

1. In a mixing bowl, cream the butter and sugar; add egg, lemon juice, and vanilla extract; beat until combined.
2. In a medium bowl, whisk together the flour and salt. Using low speed, gradually add the flour mixture until cookie dough forms. For easier shaping, place in refrigerator to chill about 20 minutes.

Shape the Cookies:

1. Using about 1 Tablespoon dough for each cookie, form dough into about 36 small balls. Roll each ball in sparkling sugar to coat.
2. Arrange on parchment lined cookie sheets about 2 to 3 inches apart.
3. With your thumb, gently press your thumb into center of each cookie for the fruit spread filling.
4. Fill each thumb print with 1/2 teaspoon fruit filling.

Bake the Cookies:

1. Bake cookies in preheated 350-degree F oven for about 11 to 14 minutes or until cookies are golden brown on the edges.
2. Let the cookies rest on the cookie sheet about 10 minutes; remove to cooling rack to cool completely. Yield: 36 cookies

About the Recipe: Einkorn flour cookies are easier to digest but are not gluten free. This cookie is a beautiful golden color and looks so festive rolled in gold, coral, or even white sparkling sugar. It's a crisp butter cookie, vanilla flavored with a fig or apricot fruit filling, but you could use your favorite spread. It's a wonderful choice to include with your holiday cookies.

What is Einkorn Flour?

Einkorn is an ancient grain with higher protein, less starch, and a higher concentration of minerals and flavor. Please note that it is not gluten-free, but it's easy to digest. I found the Einkorn flour made by Jovial Foods at our local store, but it could be purchased over the Internet.

All-purpose einkorn has a light and airy structure, making it a good choice for lighter baked goods like cookies and cakes. It has a distinct nutty flavor which is very different from other wheat.

Baking with Einkorn flour does require some adjustments to your favorite recipes, as the texture and gluten content are different than modern flour varieties.