



Featured Grain: Rye Flour – Popular in Europe

Holiday Chocolate Rye Crinkle Cookies

Snow sugared crispy coated cookies that are soft and fudgy inside

- 1 cup all-purpose flour
- 1/3 cup rye flour
- 1/2 cup unsweetened cocoa powder
- 1-3/4 teaspoon baking powder
- 3/4 teaspoon fine salt
- 1-1/4 cups granulated sugar
- 3 large eggs, room temperature
- 1 teaspoon pure vanilla
- 4 ounces unsweetened baking chocolate, chopped
- 1/4 cup unsalted butter
- 1/3 cup confectioners' sugar or as needed
- 1/3 cup granulated sugar

Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper.

Whisk all-purpose flour, rye flour, cocoa powder, baking powder, and salt in medium bowl.

Stir 1-1/4 cups granulated sugar, eggs, and vanilla in large bowl. Set aside.

Combine chocolate and butter in microwave-safe bowl. Microwave on high heat about 1 minute in 15 second intervals, stir frequently until melted and smooth. Slowly whisk lightly cooled chocolate mixture into egg mixture; then fold in flour mixture until well combined and no dry streaks remain. Cover; let dough stand at room temperature for 20 minutes to thicken.

Place confectioners' sugar and 1/3 cup granulated sugar in 2 shallow dishes; using 1 Tablespoon or 2 Tablespoon sized balls of dough, dip balls in granulated sugar to coat and then in confectioners' sugar, coating balls completely. Place on parchment lined cookie sheets about 2-inches apart.

Bake in 350-degree F. oven until edges are just set and cracks have formed, about 10 minutes. Let cool completely on pans for about 15 minutes Yield: about 2 or 3 dozen depending on size of dough used.

Recipe Inspired by: Cuisine at Home, Winter 2023

About the Recipe: Adding a little rye flour to the recipe enhances the tenderness and flavor of the cookies. While rye is known for its assertive taste, you only notice a pleasing nutty flavor that it brings to the baked cookies.

The confections' sugar creates a snowy coating with streaks and cracks of dark chocolate. The inside is soft and tender like thick chocolate cake. This is a great cookie to add to your holiday cookie plate.

What is Rye flour?

Rye is a cereal grass, that's close to both wheat and barley, and cultivated for its grain. Rye is made from ground rye berries and comes in various varieties, white, medium, and dark. It does contain some gluten. It is great for digestion because of its high fiber. Along with wheat and barley, rye is one of the three gluten grains used in baking. It contains much less gluten than wheat and barley.

Rye flour is more nutritious than wheat or barley and contains similar amounts of protein as other grains. Compared to wheat flour, rye flour contains fewer starches but more fiber and free sugar. The flour is sometimes mixed with wheat flour to produce a lighter loaf. With its intensely fruity flavor, rye flour is an excellent ingredient in fruited cakes, scones, and cookies.

For More Information

See: <https://www.finedininglovers.com/article/rye-flour-benefits-use>