



### **Old Fashioned Tea Cakes**

*One of James Beard's favorite cookies*

2 cups all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
1/2 cup butter or shortening  
3/4 cups granulated sugar  
1 egg  
1/4 cup milk  
1 teaspoon vanilla extract  
Topping: cinnamon and granulated sugar as desired

- Preheat oven to 400 degrees F.
- In a medium sized bowl, combine flour, baking powder, and salt.
- In large bowl, cream the butter and sugar, add the egg; mix in the milk, vanilla and dry ingredients; combine all the ingredients and beat until well mixed. This will be a thick mixture. It is easier to roll the dough if it is divided into two or three portions.
- Spoon out portions of dough and place it on a well-floured surface. Sprinkle a little flour on top of the dough and carefully form it into a disk. Don't work too much flour into the dough because you want a crisp cake-like cookie.
- Roll the dough to a thickness of about 1/4 inch. Cut with a 3-inch cookie cutter.

- Place the cookies on ungreased or parchment lined cookie sheet, spacing the cookies about 2 inches apart. Teacakes don't have to be uniform in shape, so don't worry if each cookie is not round. Repeat with the remaining dough. If desired sprinkle cookies with cinnamon and sugar as desired.
- Bake for 7 to 10 minutes, until lightly browned on top.
- Remove to a rack to cool. Store in an airtight container.

**Recipe by:** Prudence Hilburn, "*The Best of Cooking with Prudence*" cookbook

This recipe was one of James Beard's favorites. Prudence used self-rising flour and doubled this recipe. She usually made them for him as a special surprise when she worked at Peter Kump's New York Cooking School.

**About the Recipe:** These cake-like cookies taste like large vanilla wafers. They are so simple to mix up and can be topped with any frosting you like or even sprinkled with cinnamon sugar before baking. It's easy to see why these cookies are a Southern favorite.