

Reduce by 4

SPRITZ COOKIES



1 Indenting the piped cookie dough.



2 Piping fruit preserves onto piped cookie dough before baking.

YIELD 48 Cookies, approximately
½ oz. (15 g) each

METHOD Piped Cookies

Unsalted butter, softened	8 oz.	240 g	80%
Granulated sugar	4 oz.	120 g	40%
Salt	0.05 oz. (¼ tsp.)	1.5 g	0.5%
Vanilla extract	0.15 fl. oz. (1 tsp.)	5 ml	1.5%
Egg	1.6 oz. (1 egg)	48 g	16%
Pastry flour, sifted	10 oz.	300 g	100%
Total dough weight:	1 lb. 7 oz.	714 g	238%
Fruit preserves	as needed	as needed	

- 1 Cream the butter and sugar until light and fluffy. Add the salt, vanilla and egg; beat well.
- 2 Add the flour, beating until just blended. The dough should be firm but neither sticky nor stiff.
- 3 Press or pipe the dough onto parchment paper-lined sheet pan, using a cookie press or a piping bag fitted with a large star tip. Indent each mound of dough with a gloved finger dipped in water. Pipe fruit preserves onto each cookie.
- 4 Bake at 350°F (180°C) until lightly browned around the edges, approximately 10 minutes. Transfer to wire racks to cool.

Variations:

Citrus Spritz Cookies—Add 0.21 ounces (1 tablespoon/6 grams/2%) grated lemon zest to the butter in Step 1.

Cinnamon Spritz Cookies—Add 0.04 ounces (½ teaspoon/1.2 grams/0.4%) ground cinnamon with the flour in Step 2. Sprinkle the piped cookies with cocoa nibs before baking in Step 3, if desired.

Chocolate Spritz Cookies—Substitute unsweetened cocoa powder for 1 ounce (30 grams/10%) of the flour.

Approximate values per cookie: **Calories** 70, **Total fat** 4 g, **Saturated fat** 2.5 g, **Cholesterol** 15 mg, **Sodium** 15 mg, **Total carbohydrates** 7 g, **Protein** 1 g



Chocolate Spritz Cookies



Jam-filled Chocolate Spritz Cookies



Jam-filled Spritz Cookies