

Almond Cut-out Cookies

By Diane Kuehn

This cookie tastes almost like shortbread, with a rich buttery flavor (without the butter, of course) and melt-in-the-mouth texture. Based on the “Butter” Cookie recipe in my cookbook, the addition of bean or quinoa flour makes it possible to easily roll out this dough for cut-out cookies. Frost with the lemon-flavored icing in the cookbook and then decorate as you wish for the holidays. For those with tree nut allergies, leave out the almond extract and replace the almond meal with a nut or seed meal that you do tolerate (the easy recipe for seed meal is in the “Do-It-Yourself Ingredient” section of “Gluten-free One-mix Baking”). The egg can be replaced with the Non-rising Egg Replacer recipe from the cookbook plus 1 Tablespoon of milk of choice (e.g., rice milk, almond milk). This recipe does contain corn due to the addition of confectioner’s sugar. Makes about 15 large cookies.

Dough ingredients:

- 1 c. shortening or lard
- 1 c. confectioner's sugar
- 1 large egg
- 1 T. almond extract
- 1 t. maple syrup
- 1 t. vanilla extract
- 1 T. lemon zest
- 2 c. gluten-free flour mix
- ½ c. bean flour or quinoa flour
- ¼ c. almond meal
- ½ t. salt



Directions:

Step 1. In a large mixing bowl, cream together the shortening/lard, confectioner's sugar, egg, almond extract, maple syrup, vanilla extract, and lemon zest with an electric mixer.

Step 2. In a medium-sized bowl, mix together the gluten-free flour mix, bean flour or quinoa flour, almond meal, and salt. Add this flour mixture gradually to the shortening/egg mixture, beating with the electric mixer after each addition. Scrape the sides of the mixing bowl with a rubber spatula, and then beat the mixture for another minute. The mixture will be crumbly at this point; knead it for one minute to pull it together into a ball shape. If the dough does not easily come together into a ball, add 1 T. milk of choice, beat for another minute, and then form it into a ball. Wrap the dough ball in wax paper and refrigerate for one hour.

Step 3. Line two cookie sheets with parchment paper. Preheat the oven to 325° F.

Step 4. Place a sheet of plastic wrap on the counter. Put half of the chilled dough on the plastic wrap. Lay a second piece of plastic wrap on top of the dough. Using a rolling pin on top of the upper sheet of plastic wrap, roll out the dough to ¼-inch thick. Peel off the top layer of plastic wrap. Use a cookie cutter to cut out shapes. Gently peel the cookies off the bottom sheet of plastic wrap, and place them about 2 inches apart on a parchment-lined cookie sheet. Repeat this step for the other half of the dough. Left-over dough can be kneaded together, rolled-out between sheets of plastic wrap, and cut into cookies.

Step 5. Bake the cookies for 14 to 16 minutes, till the bottom edges of the cookies turn a light golden brown. Do not over-bake! Remove the cookie sheets from the oven. Let the cookies cool for 2 minutes; using a metal spatula, move them to a wire rack to cool completely.

Step 6. After the cookies have cooled, frost with icing, and then decorate with GF-DF-SF sprinkles, chopped nuts, or chocolate chips (optional). Place the cookies in a cool, dark location (not the refrigerator) overnight to harden the icing. Prior to frosting, cookies can be frozen between layers of wax paper in an airtight container till needed.

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