

Florentines Cookis



Apparently these cookies have its origin in Italy. Generally these cookies can be in a form of cookie or bar containing mainly two layers; one of baked pastry and another one of sticky nut with or without candied fruit. After searching for one recipe with ingredients that I had handy, I adapted this one from Desserts Magazine. The buttery orange pastry layer combined with the sticky nut on top is just amazingly delicious. I urge you to give this recipe a try; I can guarantee that you will not regret...the only problem is that you must have a very strong will to not finish it all in one day.

As I mention, this recipe is based on the one published in Desserts Magazine and I made suitable changes to the palate of my family. Changes were done in order to decrease the sugar and butter content by increasing the ratio of almond.

Ingredients:

Pastry layer

2 cups all-purpose flour
 $\frac{3}{4}$ tablespoon baking powder
1 stick unsalted butter, room temperature
Pinch of salt
 $\frac{1}{4}$ cup powdered sugar
1 tablespoon orange zest
1 medium egg, room temperature
1 teaspoon vanilla extract

Almond layer

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ stick unsalted butter
2 tablespoon honey
Pinch of salt
 $\frac{1}{2}$ cup heavy cream
16oz of slivered almond





Method:

In the mixer, place the butter, flour, baking powder, salter, sugar and orange zest. Using a paddle, mix until crumble like texture. Add the egg and vanilla extract until a dough forms. Wrap the dough and place in the refrigerator for approximately 1 hour.

Preheat oven to 350F. Transfer the dough to a lightly flour surface and roll out the dough to about 1/8 in thickness. Transfer the dough to a $\frac{1}{4}$ sheet size baking sheet lined with parchment paper. Bake for about 10 to 12 minutes, until slightly golden color.

In the meantime prepare the almond layer by placing the sugar, butter, honey, salt and heavy cream in a small pan over low heat for about 5 minutes. Add the almond and mix gently until a uniform mix. Remove from the heat.

Pour the almond mix on the pastry layer, by smoothing evenly.

Reduce the temperature of the oven to 330F and return the cookies to the oven for another 15 minutes. Make sure to not over bake the cookies.

Remove from the oven and transfer to a cooling rack. Cut out into squares once the cookie is completely cool.

Store the cookies in an airtight container at room temperature.





Before I forget...



Did you know that almond is considered one of the most nutritious nuts? Almonds are high source of vitamin E, calcium, magnesium and potassium. Moreover, they contain protein, high in fiber and low in sugars.

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and have a great week!***