

ALMOND COOKIES

Makes 4 to 5 dozen.

By Dennis W. Viau; modified from an unknown source.

I've had this recipe in my kitchen cabinet for many years. I don't know where I originally saw it. I thought of it again when I noticed in the grocery store a bag of "finely ground almond meal/flour." I used to make these cookies for people who were intolerant to gluten. There is no wheat flour in these cookies and the almond bag is labelled "Gluten Free."



Ingredients:

40 ounces (1.13kg) slivered almonds or finely ground almond meal/flour

2 cups (400g) sugar

3 large eggs, divided

1 teaspoon vanilla

1 tablespoon lemon juice

Optional: The zest from the lemon

1 2½-ounce (71g) package whole almonds, about 50 to 60

Optional: Raw sugar for garnish

Directions:

If you buy slivered almonds you'll need to chop them in a food processor. If you buy almond flour you can skip this step. Chop the almonds in small batches until they are reduced to as fine a consistency as possible. While chopping the almonds, add small amounts of the sugar such that you use it all with the almonds.

Heat your oven to 375°F (191°C).

Combine the almonds and sugar in a large bowl. Add two of the eggs and the yolk from the third egg (reserving the white for an egg wash) with the vanilla and the lemon juice. You can zest the lemon and add it as well if you prefer a stronger lemon flavor. Mix well. The mixture should be pliable and sticky without being wet.

Using a tablespoon or soup spoon, scoop a well-rounded spoon of the mixture and then shape it into a ball with your hands. A portion scoop, similar to an ice cream scoop, works well. Flatten the ball onto a greased or lined (parchment paper) baking sheet, leaving room for the cookies to expand.

Beat the remaining egg white with a teaspoon or two of water to make an egg wash. Using a pastry brush, coat the top of each cookie with the egg wash. Press a whole almond into the center of each cookie. Optional: You can sprinkle a little raw sugar on top of each cookie.

Bake in the upper third of the oven until golden brown, 8 to 10 minutes. Remove the cookies from the baking sheet carefully (they are fragile when hot) and transfer to a rack to cool.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



Whenever I made these cookies in the past, I had to grind the almonds. Recently I found in the grocery store a bag of almond meal/flour. I am showing two eggs here, but I think a third egg makes cookies that are more moist.

2



Combine the almond meal and the sugar.

3

You only need about a tablespoon of lemon juice. Optionally, you can add some of the zest from the lemon.

4

Divide one of the eggs, reserving the white for an egg wash to be used later.

5



Add the vanilla, lemon juice, and eggs with the almond meal mixture, kneading until smooth.

6



I own a couple of “portion dishers” that I like to use when making cookies. They assure more uniformity among the cookies. You can use a tablespoon or other scoop.

7



Scoop up a portion of the dough, roll it into a ball, and flatten it into a disk. Arrange on baking sheets. These cookies don't expand a lot; so it is not necessary to leave a lot of room between the cookies.

8



Mix the reserved egg white with 1 or 2 teaspoons of water to make an egg wash. Brush the top of each cookie with egg wash and then press a whole almond into the center.

Optional: For added sweetness and sparkle, you can sprinkle the top of the cookies with a little raw sugar.



Bake 8 to 10 minutes. They will brown only slightly. Transfer the cookies to a rack to cool.

Conclusion

These cookies are relatively easy to make. The texture is chewy and the flavor is mild. With no flour, these are good cookies for those who might be gluten intolerant.