



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Sable Biscuits

Sable Bisküvisi



5.3 ounces butter
2 eggs
1 cup castor sugar
3 + 1/2 cups flour
1 pack vanilla
1/2 tsp baking powder
2/3 cup pounded hazelnut

- # Put 1 cup of the flour on the bread board, place the butter which is a little bit harder than normal onto the flour and slice the butter via knife into very thin slices, by this way the slices get mixed with the flour.
- # Put the flour which is mixed with finely sliced butter into a deep bowl, add 1 egg, yolk of the other one, castor sugar and vanilla into it and mix.
- # Add remaining 2 + 1/2 cups flour in it little by little while kneading the dough, smoothen it, it must have medium consistency.
- # Cover the dough with a wet fabric. Rest it for 45 minutes.
- # Divide the rested dough into 2 pieces, roll out each piece via rolling pin into 1/4 inch thickness. Cut pieces via the head of a small glass (Turkish tea glass) or via cookie moulds from the dough.
- # Dip the cut pieces into the remaining egg white at first, and then cover them with pounded walnut, finally place them onto the oven tray which is greased.
- # Place the tray into the oven which is preheated to 374 F. Bake without turning them into red too much. (About 10 – 15 minutes). Serve them cool.

Note: "Sable Biscuits" is one of the basic recipes of the department of home economics of Ladies Art Schools. The circles are cut by Turkish style tea glasses originally.