

Salted Fennel Cookies



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These shortbread style biscuits, with the addition of fennel seeds, pair beautifully with a cup of Stir black tea. We have also served them alongside a dessert of roasted Central Otago peaches and ice-cream to add a delicious buttery and crunchy element.

This recipe is by NZ foodie and author Lucy Corry and appeared in her outstanding recipe book, called *Homecooked - seasonal recipes for every day*.

Makes about 25 biscuits

Prep time: 10 minutes, plus 30 minutes chilling

Cook time: 15 minutes



Ingredients

- 125g unsalted butter, softened
- $\frac{3}{4}$ cup icing sugar
- 1 tbsp extra virgin olive oil
- $\frac{1}{4}$ tsp salt
- 2 tbsp whole fennel seeds
- $1\frac{1}{4}$ cups plain flour

Method

1. Beat together the butter, icing sugar and olive oil until smooth and creamy.
2. Stir in the salt and fennel seeds, then sift the flour over.
3. Mix to form a dough, then tip this out onto a large piece of baking paper.
4. Put another piece of baking paper on top to stop the dough from sticking and roll out the dough to about $\frac{1}{2}$ cm thick.
5. Cut into triangles, squares, or rectangles (it doesn't matter, as long as they're all roughly the same size).
6. Line a baking tray with the spare piece of baking paper and lie the cut-out shapes on top.
7. Chill in the fridge for 30 minutes or cover and chill for up to 24 hours.
8. When ready to bake, heat the oven to 180°C.
9. Bake the cookies for about 15 minutes, until pale golden.
10. Leave on the trays to cool for 5 minutes, then remove to a rack to cool completely.
11. Store in an airtight container when cold.

Observations from Michelle at Stir Tea:

Gluten-Free - we made these using gluten-free ingredients with great results. The only small tweaks we felt we needed to make with the GF ingredients were adding a little more olive oil to the dough when mixing it and cooking the biscuits slightly longer than recommended.

Our recommended Stir Tea to serve with these cookies: Assam, Darjeeling or English Breakfast.

If you are a lover of fennel then consider trying our Yoga Flow (caffeine-free herbal & fruit blend).