

Seasonal Cakes from Labrys



Difficulty

Rrrrgh Brains

Makes about three dozen 3" cookies.

Ingredients

- 1 c/230 g butter
- 2 eggs
- 1 c, packed/220 g brown sugar
- 1/2 tsp/3 g salt
- 2 tsp/9 g baking soda
- 1 Tbsp/7g dried blood orange (Moro orange) peel, ground
- 1 tsp/5 ml vanilla extract
- 2 c/240 g spelt flour (or your favorite non-gluten mixture)
- 4 c/480 g rye or triticale flakes, or rolled oats (NOTE: if using oats, metric measurement is 650 g as they are more dense.)

- 1 c/120 g finely chopped nuts of choice
- 3/4 c/75 g seasonal add-in, finely chopped or minced
- 2 c/240 g spelt flour (or your favorite non-gluten mixture)
- 4 c/480 g rye or triticale flakes, or rolled oats (NOTE: if using oats, metric measurement is 650 g as they are more dense.)
- 1 c/120 g finely chopped nuts of choice
- 3/4 c/75 g seasonal add-in, finely chopped or minced (see Chef's notes, below)

You Will Also Need

- electric hand or stand mixer

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Chef's Notes

Seasonal Add-ins: Imbolc: crystallized ginger; Spring Equinox (Ostara): edible flowers (nasturtiums, violets, lavender, hibiscus, etc., and take care that you get food grade); Beltane: golden raisins; Summer Solstice (Litha): dried blueberries; Lughnasadh: dried blackberries; Fall Equinox (Mabon): dried apples; Samhain: dried cranberries; Winter Solstice (Yule): currants.

On nut and fruit pairings, I've found that macadamia nuts are outstanding with the golden raisins and pecans go best with the cranberries! And for ordinary times of the year, I have occasionally added shredded unsweetened coconut for one cup's worth of the rye flakes.

Directions

Beat butter and sugar together and add eggs one at a time. Stir in salt and vanilla and orange peel. Mix baking soda into the first cup of flour and beat into butter mixture. Add the second cup of flour and start adding the flaked/rolled grain of your choice. Add dried fruit of the season and the nuts you like best.

Preheat the oven to 350°F/176°C and grease the baking sheet. Roll the dough into balls almost ping-pong ball sized and place at least 2.5 inches apart. Now, find something to press cookies flat—my tool of choice is a small crystal sugar-bowl that was a wedding gift 33 years ago, given by my Commanding Officer. It has a pretty cut star on its base and I use it to flatten the cookies into thick rounds almost 3"/7.5cm across and about .25"/.6cm thick.

Bake for 12 or 13 minutes and cool completely before storing them airtight in a tin.

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