

Cookies with sunflower

Ingredients

For dough layer:

300 g wheat flour cake

100 g sugar

200 g butter

1 egg

1 table spoon sour cream 18%



For sunflower seeds in caramel layer:

250 g sunflower seeds or pumpkin seeds

40 g honey

40 g sugar

40 g butter

40 ml cream 36% (or 30%)

Steps:

1. Put to the bowl: flour, sugar, sour carem (18%), butter (you can cut it for peces), 1 all egg. Mixed all by mixer or cut all ingredients by knife. Next the dough knead fast by hands.
2. Take pastry board, sprinkle it profusely by flour and roll out the dough for a crumpet (about 4mm).
3. Take the glass (diameter about 7-8 cm) and cut circles in the dough. The dough (which left after cuted) again knead, again roll out for a crumpet and again cut circles by the glass. Do it to the end of the dough.
4. Take the baking plate from the oven, put on in baking paper and put on it all dough circles, into 2 cm spaces.
5. Heated the oven to the 200°C (using down and up heater) and put in it the baking plate. Bake cookies 10 min.

When cookies are baking we prepare sunflower seeds in the caramel.

6. Take little pan. Give to it: butter, cream (36% or 30%), sugar and honey and heat all on small fire. Mixed all until caramel will boil. Then boil it yet for 4 min. Mixed often the caramel. Next

pour sunflower seeds to the caramel (instead sunflower seed we can use pumpkin seeds or Italian nuts or peanuts), mixed all and boli all yet 1 min.

7. After 10 min take off baking plate with cookies from the oven. Cover the top of cookies with sunflower seeds in caramel and put it to the oven (heated to the 200°C) again and bake the cookies for 8 min until the top will be nice to browned.
8. When it happend put the cookies on the grill and cool down it.

Bon appetit!

The recipe is derived from Kuchnia Magdy webpage

<http://kuchniamagdy.pl>

