

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Holiday Cookie Swap - Nothing Better on a Cold Rainy Day!

Grab Friends and Start Baking: Feliz Navidads

¾ Cup Canola or Vegetable Oil
1 ½ Cup All Purpose Flour
¾ Cup Whole Wheat Pastry Flour
2 Cups Confectioners Sugar, Divided
3 TB Cornstarch
1/8 Tsp Salt
1 Tsp Vanilla Extract
1 Cup Minced Toasted *Hazelnuts
1 Tsp Cinnamon

Step One Preheat the oven to 400F and line 2 baking sheets with parchment paper.

Step Two Pour the oil into a medium bowl. Whisk the flours, ¼ cup of the confectioners sugar, the cornstarch and salt in another bowl.

Step Three Mix half the dry ingredi-

ents into the oil by large spoonfuls. Add the vanilla and then add the remaining dry ingredients by spoonfuls until thoroughly combined. Stir in the nuts.

Step Four Roll the dough into 1" balls, place on the prepared baking sheets and bake until just set, 10 to 12 minutes. Cool for 2 minutes, and then transfer to a wire rack.

Step Six Add the cinnamon to the remaining 1 ¾ cup powdered sugar and place in a pie plate, While the cookies are still warm, roll them in the sugar mixture. When completely cool roll them in the sugar again. *Make sure to check the blog at tasteandsavor.com for FIVE more Cookie Swap Recipes!*

2 Kitchen Smidgen

Cornstarch is more than just a thickener for gravy. Mixing cornstarch with flour essentially turns it into cake flour, which makes cakes and cookies lighter and more tender.

3 Get Creative

* The name filbert is the correct name for the tree and nut. The name is of French origin and the tree was likely first introduced into the US by the French. Later, the English coined the name Hazelnut. Hazelnuts are rich in protein and unsaturated fat. They contain significant amounts of thiamine and B vitamins. Substitute hazelnuts for any other nuts in your baked goods for a punch of B power!

4 WINE of the Week

Rosa Regale
d'Acqui, Italy

Total Wine around \$17.00

If you are looking for a "cookie" wine - look no further - especially if your cookies contain chocolate! Rosa Regale is a frothy Italian wine made from the Brachetto grape in an area near Piedmont in Italy. It has luscious cherry-berry fruit flavors and an off-dry finish, and with only about 7% alcohol - makes it a great afternoon wine that won't knock you out for the rest of the day.