



## The Enlightened Cook

### READER RECIPES

## MEXICAN SPICED SHORTBREAD COOKIES

**L**IKE MANY COOKS, Jennifer Brumfield was inspired in the kitchen by her mother. "I remember my mom making homemade bread (among many other things), and the memory of that taste and smell has compelled me my entire life," she says.

#### Cookies:

- 6.75 ounces all-purpose flour (about 1½ cups)
- ⅓ cup unsweetened cocoa
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon chipotle chile powder
- ⅛ teaspoon ancho chile powder
- ½ cup unsalted butter, softened
- ½ cup canola oil
- ¾ cup powdered sugar

#### Icing:

- 2 tablespoons unsalted butter
- ½ cup packed light brown sugar
- ½ cup 1% low-fat milk
- 1¼ cups powdered sugar
- 1 teaspoon vanilla extract

#### Nuts:

- 1 teaspoon light brown sugar
- 1 teaspoon sea salt
- 1 teaspoon unsalted butter, softened
- 36 small pecan halves

1. Preheat oven to 325°.
2. To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cocoa, and next 4 ingredients (through ancho chile powder) in a bowl; stir with a whisk.
3. Place ½ cup butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Gradually add oil; beat 3 minutes or until well blended. Gradually add ¾ cup powdered sugar; beat well. Add flour mixture; beat at low speed until well blended. Cover and chill 30 minutes.

### Category finalist

#### DESSERTS

"The inspiration for these sinfully rich-tasting cookies combines my obsession with shortbread, dulce de leche, and a restaurant cream cheese dessert."



—Jennifer Brumfield,  
Bellingham, Wash.

4. Shape dough into 36 balls. Place 2 inches apart on an ungreased baking sheet. Flatten cookies to ¼ inch thickness. Bake at 325° for 20 minutes. Cool 1 minute on baking sheet. Remove from baking sheet to a wire rack; cool completely.
5. To prepare icing, melt 2 tablespoons butter in a large saucepan over medium heat. Add ½ cup brown sugar and milk; cook 1 minute or until sugar dissolves, stirring constantly. Bring to a boil; reduce heat, and simmer 3 minutes or until slightly thickened, stirring occasionally. Remove from heat; cool to room temperature. Add powdered sugar and vanilla, stirring with a whisk until smooth.
6. To prepare nuts, combine 1 teaspoon brown sugar, sea salt, and 1 teaspoon butter in a medium bowl. Arrange pecans on a baking sheet. Bake at 325° for 10 minutes or until toasted. Add hot pecans to butter mixture, tossing well to coat. Cool.
7. Spread 1 teaspoon icing over each cookie; top each with 1 pecan half. Yield: 3 dozen cookies (serving size: 1 cookie).



**CALORIES** 125; **FAT** 7.5g (sat 2.4g, mono 3.3g, poly 1.4g);  
**PROTEIN** 1g; **CARB** 14.5g; **FIBER** 0.6g; **CHOL** 9mg;  
**IRON** 0.5mg; **SODIUM** 85mg; **CALC** 11mg