

Italian Sour Cream Cookies

Mahaila McKellar

Yield: 2 ½ - 3 dozen cookies

Ingredients:

1/2 cup organic unsalted Butter, room temperature
3/4 - 1 cup organic Cane Sugar (I use 3/4 cup)
3 large organic Eggs, ideally from humanely pastured chickens
1 cup organic Sour Cream, ideally from grass-fed humanely pastured cows
1 teaspoon pure Vanilla Extract
1 1/2 cup organic Whole Spelt Flour (sprouted, optional)
2+ cups organic unbleached All Purpose Flour, divided
2 teaspoons Baking Soda
3/4 teaspoon pure Sea Salt

Directions:

1. In a mixer bowl, cream together butter and sugar.
2. Beat in the eggs, one at a time. Then beat well.
3. Beat in sour cream. Stir in vanilla
4. In a separate bowl, whisk together the spelt flour, 1 1/2 cups of the all purpose flour, the salt and the baking soda.
5. Add the dry mixture to the mixing bowl and stir in just until combined.
6. Add more all purpose flour to the mixture, one tablespoon at a time, just until it is combined with the mixture. Do this until the cookie dough is just firm enough to handle. (Too much flour will make the cookies dry.)
7. Wrap the dough in natural waxed paper and refrigerate for an hour.
8. Preheat oven 350°F. Line cookie sheets with unbleached parchment paper.
9. Lightly dust a surface with flour and roll out the cookie dough to about 1/2 inch thick. Use cookie cutters to make your shapes and place them at least an inch apart on the lined cookie sheets.
10. Bake 10 - 15 minutes, until the edges are just barely brown and the bottoms are light brown.
11. Cool on a rack before decorating, although these cookies are delicious just plain!

Notes:

- *My mother made these cookies in shapes for every occasion and she would mail them to us, her kids and grandkids. Sometimes, by the time I received mine they'd be broken and stale... Still, I loved them!*

- In using organic ingredients and spelt flour, this is a slightly healthier version of the recipe Mrs. Lombardo gave to my mom. Although, way back when she gave it to my mother, chances are everything was organic anyway. :)