

COOKING TO CONNECT

Everyone has a story to share.

ALMOND COOKIES

Ingredients

1 cup almond meal/flour
5/8 cup sugar (120 grams)
½ tsp table salt
1 tsp baking powder
1 tsp baking soda
1 large egg yolk
1 ½ cup all-purpose flour (plain flour)
½-⅔ cup neutral-flavored oil (vegetable, canola, etc)
Roasted unsalted almonds (for decoration) (optional)

Method

1. Gather all ingredients. Centre a rack in the oven and preheat the oven to 180C
2. Combine all the dry ingredients in a stand mixer. With your mixer on low/medium speed (with the beater attachment) mix all together.
3. Slowly add oil and mx until cohesive dough forms
4. The dough should be just enough to hold its shape when you try to roll into a ball. If they look more like crumbs, add 2-3 table spoons (10-15 ml) vegetable oil at a time
5. Weigh the dough to make a 10g (1 inch) cookie or 20g (1 ½ inch cookies) rounded portion and roll into a ball with your palms. Place it on a baking sheet lined with parchment paper and repeat until all the dough is used up. You can make a 10gr ball using a teaspoon measuring spoon
6. (Optional) If you want to put a piece of almond on the cookie, hold the cookie ball on your palm and gently press the almond into the dough
7. Beat the egg yolk in a small ball. Using a pasty brush, lightly glaze the top of the cookie balls with the egg yolk
8. Bake at 180C for 15-20 minutes or until the cookies become slightly golden. Let them cool on a wire rack and store in an air tight container

Recipe notes

If you use almond meal you may need to add more oil. Adjust the oil amount as you combine the dough. You should be able to make the dough into balls.



OUR KATANNING RESIDENT JANE HUNG

Hello, my name is Jane Hung. I was born in Malaysia, but I have never lived there. My family migrated to Brunei Darussalam when I was still a baby. I have been living in Western Australia for almost 10 years now – 8 years in Perth and over 1 year in Katanning. Katanning is a lovely town and everyone is very friendly.

I am currently working as the Culturally and Linguistically Diverse (CALD) Health Promotion Officer at Katanning Primary Health. CaLD Health promotion is all about supporting multicultural people to take control of their own health and to live healthier lifestyles. I am extremely passionate about my career.

Chinese Almond Cookies are simple, crisp, buttery, and full of almond flavour. These cookies are common during Chinese New Year in Malaysia, Brunei and Singapore.



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