

FRENCH SAINT-MICHEL COOKIES

The Recipe

<https://www.cuisinedaubery.com/recipe/saint-michel-cookies/>

Delicious French Butter Cookies originating in Normandy

Preparation Time: 15 Minutes

Cooking Time: 16 Minutes

Ready in: 1 H

Yield: 26 shortbreads of 7 cm (3") in diameter

Skill: Easy Level

Cuisine: French Cuisine

Courses: Cookie, Dessert, Cookies, Sablé Cookie,

Ingredients

26 shortbreads, 2.75" (or 2 3/4" or 7 cm) in diameter

*The powders

1 1/2 Cup Flour (220 grams)

1 Cup Almond Flour (100 grams)

1/2 Cup Sugar (100 grams)

1/2 Cup Powdered Milk (70 grams)

*The rest

1 Egg 2 Tablespoons or 50 grams

1 Cup Salted Butter (220 grams)

1/4 Lemon Zest

*Eggwash

2 Egg Yolks 3 Tablespoons or 40 grams

1 tablespoon of Water

1 pinch of Salt

20 shortbreads, 2.75" (or 2 3/4" or 7 cm) in diameter

*The powders

1 1/4 Cup Flour (169.2 grams)

3/4 Cup Almond Flour (76.9 grams)

1/3 Cup Sugar (76.9 grams)

1/2 Cup Powdered Milk (53.8 grams)

*The rest

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0.7 Egg 1 Tablespoon or 35 grams

3/4 Cup Salted Butter (169.2 grams)

0.1 Lemon Zest

*Eggwash

1.5 Egg Yolks 2 Tablespoons or 30 grams

0.7 tablespoon of Water

1 pinch of Salt

13 shortbreads, 2.75" (or 2 3/4" or 7 cm) in diameter

*The powders

3/4 Cup Flour (110 grams)

1/2 Cup Almond Flour (50 grams)

4 Tablespoons Sugar (50 grams)

1/3 Cup Powdered Milk (35 grams)

*The rest

1/2 Egg 1 Tablespoon or 25 grams

1/2 Cup Salted Butter (110 grams)

1/8 Lemon Zest

*Eggwash

1 Egg Yolk 1 Tablespoon or 20 grams

1/2 tablespoon of Water

1 pinch of Salt

Steps

1. Sift over a mixing bowl: the Almond Flour (1 Cup or 100 g), the Flour (1 1/2 Cup or 220 g), the Sugar (1/2 Cup or 100 g) and the Powdered Milk (1/2 Cup or 70 g)
2. The Salted Butter doesn't need to be softened, just diced and added, cold
3. For the next steps : You may mix manually with a wooden spatula or with a stand mixer (like a Kitchen Aid appliance), with the 'paddle'
4. Add in the mixing bowl : the Egg (1) and the Salted Butter (1 Cup or 220 g)
5. To zest the the Lemon Zest (1/4), use a microplane or grater. Professional chefs usually scrape the outer skin with the grater placed on the Lemon Zest, which will avoid grating the sour white pith ("skin")
6. Always leave behind the soft, white pith that lies underneath as it has a bitter, unappealing taste that you simply don't want to include
7. Mix all ingredients, manually with a wooden spatula or in the stand mixer (like a Kitchen Aid appliance), using the 'paddle'
8. The dough is thick
9. It is essential that you wrap and let the dough rest in the fridge for at least 2 hours

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Rolling the dough

10. Place the dough between two silicon mats
11. I am using "dough strips" that I place on the side which helps to roll out the dough with the same thickness. To purchase online, see [HERE](#)
12. Roll out the dough: The dough should be 0.19" (or 13/64" or 0.5 cm) thick
13. Transfer the dough with the silicon mats onto a baking sheet, and place the baking sheet in the refrigerator for at least 30 minutes (or in the freezer for at least 10 minutes)
14. Prepare the eggwash: Beat the Egg Yolks (2), the Water (1 tablespoon) and the Salt (1 pinch)
15. Remove the silicon mat that is on top
16. The dough is hard but will soften pretty quickly
17. Brush the eggwash over the dough
18. Using the tines of a fork, draw parallel lines in one direction
19. Make sure the dough is at the right consistency and temperature:
20. Dough too hard : You won't be able to make those lines : wait for the dough to soften at room temperature
21. Dough too soft : You may end up making lines that are too deep... If the dough is too soft, refrigerate for 10 minutes
22. This is the crisscross pattern you want to achieve
23. We are going to use a cookie cutter, about 2.75" (or 2 3/4" or 7 cm) in diameter
24. Cut the dough with the cookie cutter
25. Remove the dough between those circles. You will repeat the previous steps : combine the dough, knead, roll out again.

Backing

26. Place the cookies on a baking sheet
27. Bake the cookies for 12 minutes up to 15 minutes at 340 F / 170 C, until golden brown around the edges : the baking time depends on the size and the thickness of the cookies as well as your oven
28. Transfer to a cooling rack right after baking them
29. Allow the cookies to cool a few hours before eating them