

# Traditional Palmier Cookies



## Instructions

1. Roll puff pastry into a ¼ cm thick rectangle. (the larger the piece of rolled out puff you use, the larger the cookie will be. Don't worry if it's not a perfect rectangle, no one will be able to tell).

Chill 20 min on parchment paper lined tray before shaping cookie log.

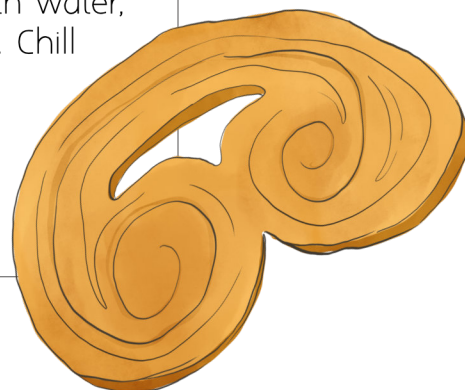
2. Transfer puff sheet onto a clean counter or work on the parchment lined tray for an easy cleanup. Moisten puff pastry sheet on one side with water, using a pastry brush dipped in water or a spray bottle. Do not soak, just moisten lightly.

3. Sprinkle generously with granulated sugar and spread all over moistened side of puff pastry. Sprinkle a very light layer of icing sugar over top.

4. Beginning on one side, fold the sugary puff pastry in on itself approximately 1 inch. Repeat the same action on the opposite side, so you have two flaps. Continue to fold each flap inward towards each other. Do not fold too tightly, and do not roll, it will compress the layers in the puff needed for a tender cookie.

5. Once the two or three folds have been performed, the folds should meet in the middle or leave a small gap in between. Lightly spray or brush the folds with water, just enough to moisten and stick. Fold the two sides together to form a log. Chill cookie log on a parchment lined tray for 30 min.

6. Preheat oven to 375 degrees in a convection oven, or 400 degrees in a conventional oven.



7. Remove cookie log from tray. It should be slightly tacky, however if it feels dry you can very lightly moisten the cookie log. Roll in granulated sugar. Cut ¼ inch cookies using a sharp knife.

8. Place cookies flat side up (distinctive heart shape/palm leaf shape should be visible) 2 inches apart from each other on parchment lined trays. Cookies will expand during baking process.

9. Bake for 9 minutes, turn tray, bake another 6 minutes, or until cookies are a light golden brown and crisp.

10. Cool before eating. Though best eaten fresh, palmiers can be stored in a container, bag or cookie tin up to a week.

If you are making Palmier logs for future use, stop after step 5, wrap the logs in cling wrap and freeze up to a month. Simply defrost in refrigerator about 4 hours before baking cookies



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