

BENEDICT INNformation

Sister Theresine's Springerlie Recipe

Makes one dozen cookies.

Ingredients:

1 cup eggs
1 lb. powdered sugar
1 lb. flour
1 tsp. baking powder
½ tsp. anise oil
pinch of salt

Directions:

Beat eggs until stiff like meringue.
Add powdered sugar and mix well.
Add anise oil and mix well.
Sift together the flour, baking powder and salt.
Fold flour mixture into egg and sugar mixture.
Roll out with regular rolling pin (sprinkle a little flour on the dough to prevent sticking) -- not too thin -- then use a Springerlie rolling pin.
Cut into rectangles.
Cover and chill overnight.
Bake at 325-350 degrees for 12 minutes.

Note for Sister Theresine:

Springerlies take practice. You may need to add more flour, roll out thicker, increase or decrease the heat depending on your oven. My mother always said, "You don't want them to be brown" so if they start to get brown and are not thoroughly baked, lower the heat.