

«*SPRINGERLE*»



Ingredients :

4-5 eggs (7.76oz (220g) without shell)

17.64oz (500 g) powdered sugar

1 tablespoon of slightly roasted anise

17.64oz (500 g) fine white flour.

Beat the eggs and sugar at high speed until the mixture turns into an airy white cream. Add the anise seeds and flour, then mix gently (low speed mixer). The dough must be slightly sticky. Keep one hour in the fridge in a plastic wrap. Slice the dough in 4. Flour the work plan. Roll out the first dough part to a depth of 1/3 inch (8-10mm). Lightly sprinkle the top of the pastry with flour, the dough must feel like silk. With a brush, flour mold "Springerle", put it on the dough and gently press to print the pattern. When all the pastry is decorated, cut each pattern with a cookie cutter or knife. Put the forms on a baking tray lined with bakery paper. Do the same job with the 3 other dough parts. Let dry for 24 hours at room temperature in a dry and no draft place. Bake the "springerle" at 310°F (150/160°C) for about 12-15 minutes (at the bottom of the oven). For storage, use a metal box in a fresh place.



A brief history :

The « Springerle » are among the first small cakes made in Alsace. Anise, which gives a so particular taste, is cultivated in our land since the sixteenth century. "Springen" means "jump". Then name of these cupcakes have two explanations. To detach them from the mold, we hit it on the table and the decorated pastery "jump". It is also believed that "Springerle" jump when cooking, that is to say get a small base.

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