

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



SUNFLOWER PIGNOLI

By Paige Lipari, Archestratus Books + Café

Makes 14 cookies

Ingredients Sunflower Paste:

- 250 grams unsalted sunflower seeds
- 100 grams cane sugar
- 38 grams honey
- 60 grams water

Ingredients Cookies:

- a scant 1 cup of sunflower paste
- 1 egg white
- ½ tsp vanilla
- ½ tsp almond extract
- ⅛ cup white cane sugar (domino)
- ¼ cup raw sugar (turbinado)
- ⅛ confectioners sugar
- ½ tsp salt
- Zest of 1 small orange or half a big orange

Instructions

Preheat the oven to 350°F. Toast 1 cup of pine nuts.

For the sunflower paste: in a saucepan, add the sugar, honey and water and set on a medium low flame until the sugar is melted. Be careful here, this mixture can overboil. While that is on the stove, blitz the unsalted sunflower seeds in a food processor until mealy. When the seeds are mealy and about to turn into a paste and the sugar and honey is melted, combine them in the food processor until they form a paste. It won't get perfectly smooth, but that's ok. Spatula out your paste and let cool in the fridge.

For the cookies: Lower oven temperature to 330°F. In a food processor combine the sunflower paste, egg white, vanilla, almond extract, white cane sugar, raw sugar, confectioners' sugar, salt, and zest. Process all these ingredients until you get a smooth paste. Should take less than a minute! Spatula into a bowl and let the dough chill.

Once it's chilled, scoop out one-inch balls and roll the balls gently in the pine nuts. Place on a tray with parchment a few inches apart.

Bake at 330°F for 15 to 18 minutes. The cookies should be golden brown almost all around. They will be a little lighter in the very center. Let cool completely before eating.

To prepare nut-free, omit almond extract. Use sesame seeds instead of pine nuts.