ST. FRANCIS OF ASSISI · OCTOBER 4

St. Francis almond honey cookies (mostaccioli)

Prep 25 min **Cook** 14 min **Chill** 30 min **Total** 1 hr 9 min **Makes** About 24 cookies **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot.

ALLERGY INFORMATION

Contains wheat (gluten), tree nuts (almonds), egg, milk, and honey, so it is not suitable for anyone with a nut allergy. Never give honey to babies under 12 months, even baked. Whole almonds are a choking hazard: leave them off for young children. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 2 cups (250 g) all-purpose flour
- 1 cup (100 g) almond flour or finely ground almonds
- ½ tsp baking powder
- 1 tsp cinnamon, ¼ tsp ground cloves, and ¼ tsp salt
- Finely grated zest of 1 orange
- ½ cup (170 g) honey, plus 2 tbsp for glazing
- 2 tbsp (30 g) butter, melted
- 1 egg
- 1 to 2 tbsp orange juice, if needed
- 24 whole almonds, to decorate (optional)

METHOD

1. Whisk the flour, almond flour, baking powder, spices, salt, and orange zest in a large bowl.
2. In another bowl, stir the ½ cup of honey, melted butter, and egg until smooth.
3. Stir the honey mixture into the flour to make a firm, slightly sticky dough. If it is crumbly, add orange juice a spoonful at a time. Wrap and chill 30 minutes.
4. Heat the oven to 350°F (175°C) and line two baking sheets with parchment paper.
5. On a floured surface, pat or roll the dough ⅜ inch (1 cm) thick. Cut it into diamonds about 2 inches (5 cm) long, the traditional mostaccioli shape, and press an almond into each if you like.
6. Bake 12 to 14 minutes, until golden at the edges. Warm the 2 tablespoons of honey and brush it over the warm cookies. Cool on a rack; they firm up as they cool.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Whisk the spices into the flour
- Cut the dough into diamonds with a table knife
- Press an almond on top
- Thank God for a favorite creature, as St. Francis did

GOOD TO KNOW

- The cookies keep 1 week in an airtight tin and grow softer and more flavorful after a day.
- Mostaccioli is also the name of a pasta and, in Naples, of a chocolate-glazed cookie; these are the simple Roman almond-and-honey kind.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Praised be you, my Lord, with all your creatures. Saint Francis, pray for us.