

Italian Anise Cookies – Gluten, Dairy, Sorghum Flour, and Nut Free

These cookies are gluten and dairy free. Not to mention wheat, sorghum flour, and nut free. They are great for Thanksgiving. I use Glutinous Rice Flour which works well for sweet rolls, etc. Plus, potato and tapioca starch to give it stability. The Grapeseed oil gives a lighter taste in place of butter (dairy). You can use olive, canola or sunflower oil. This is the first time I've used this recipe and I have to say they converted quite well. To freeze, wrap them in either parchment or wax paper then store inside a freezer bag.



Because you are using gluten free rice flour instead of wheat flour the measurements are not the same. Therefore, the best measurements are by weight. I use grams. You can buy the rice flour and tapioca starch at any Asian supermarket. Though, some supermarkets are now carrying them.

Ingredients

- 3 eggs
- 200 grams white sugar
- 108 grams oil
- 5 grams of anise extract (can also use lemon or vanilla)
- 420 grams of gluten-free flour
 - 360 grams rice flour
 - 50 grams Potato starch
 - 10 grams tapioca starch (sometimes known as tapioca flour)
- 12 grams baking powder
- dash salt

Instructions

1. In a larger bowl, beat eggs with sugar till thick. Add oil and mix.
2. In a medium bowl combine the flour, starches, baking powder, and salt. Set aside. (I usually weigh them all in one bowl - don't forget to weigh the bowl empty first, then add the weight of each ingredient)
3. Add the extract to the sugar mixture. Then stir in the flour mix. Be careful not to over mix.
4. Bake: Preheat oven to 350 degrees F. Scoop dough onto a greased or parchment paper-lined baking sheet. Bake for 12 minutes. Cool for 2 minutes before lifting the cookies off the cookie sheet and finish cooling on baking rack.

Icing

- 32 grams confectionery sugar
- 7 grams orange juice
- 1 gram each of vanilla extract and lemon juice

Mix all ingredients together. Set aside till cookies are done. If icing too runny, add more in small increments. Spread small amount on top of cookies, then add your favorite sprinkles.