

Kleeja - Cardamom-Wheat Cookies

Ingredients

- 3 cups whole wheat flour
- 1/2 cup vegetable oil or 9 tbl melted butter
- 3/4 cup sugar
- 1/4 cup milk
- 1 egg, beaten
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cardamom
- 1 egg beaten with 2 tbl water, for glazing

Method

1. Preheat oven to 350 F.
Grease 2 baking sheets or line with parchment.
Combine sugar and milk in small pan, stir over heat without boiling until sugar dissolves, set aside to let cool.
2. Combine flour with baking powder, salt, cardamom in a bowl.
Mix in the oil/butter until crumbly and well combined
Add egg, sugar and milk, mix well to form a dough.
Set aside to rest for 15 minutes.
3. Roll out the dough with a floured rolling pin (you do not need to flour your work surface) to 1/4" thick.
Cut out rounds with a biscuit cutter, rerolling until all the dough is used.
Make a cross-hatch pattern on the cookies with a knife if desired.
Transfer to baking sheets and brush the cookies with egg wash.
Bake 15-20 minutes, or until just golden and firm on top (the bottoms will brown, but keep an eye that they don't burn).
Cool on a rack, store in a cookie tin.