

Foodnity Recipes

Palmiers – Crispy Butter Cookie Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Dough

- [ ] 1 cup (225 g) unsalted butter, cold and cubed
- [ ] 1/2 cup (100 g) granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 tsp fine sea salt
- [ ] 1 3/4 cup (220 g) all-purpose flour

Instructions

1. In a large bowl, combine the cold butter cubes, sugar, vanilla, lemon zest, and salt. Using your fingertips, rub the butter into the sugar until the mixture resembles coarse crumbs.
2. Add the sifted flour and stir gently until the dough just comes together; avoid over-mixing.
3. Form the dough into a rough rectangle, wrap in plastic, and chill for 20 minutes.
4. On a lightly floured surface, roll the dough into a 1-inch thick rectangle. Fold the top third down, then fold the bottom third up, like a letter. Rotate 90°, roll out again, and repeat the fold. Chill for another 15 minutes. Repeat this roll-fold process two more times, chilling between each turn.
5. Wrap the final rolled log, chill for at least 30 minutes. Preheat the oven to 375 °F (190 °C). Slice the log into 1/8-inch sticks, place on a parchment-lined sheet, and sprinkle lightly with extra sugar.
6. Bake for 12-15 minutes, until the edges turn a gentle amber. Let cool on the sheet for 5 minutes, then transfer to a wire rack to finish crisping.

Nutrition per serving

210 kcal	2 g	26 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too soft, return it to the fridge for a few minutes before slicing.
- A pinch of flaky sea salt added just after baking elevates the caramel flavor.
- For a festive twist, drizzle melted chocolate over cooled palmiers and let set.