

Salt and Serenity

Sweet Talk Shortbread Hearts

Makes about 30 cookies using both 2 inch and 3 inch cookie cutters

Adapted from Mindy Segal's recipe for shortbread in "Cookie Love", her new cookbook.

Special equipment: [Cookie Stamps](#) (necessary) and [Dough Rolling Strips](#) (optional if you are excellent at rolling out dough evenly), assorted heart cookie cutters (I used a 2 inch and a 3 inch)

1 cup cold, unsalted butter, cubed into ½ inch pieces
1/2 cup granulated sugar
2 cups unbleached all-purpose flour
2 teaspoons kosher salt

1. Place butter and sugar in the bowl of a stand mixer. Chill until butter is firm, about 30 minutes.
2. Whisk together flour and salt; add them to the butter and sugar. Using the paddle attachment, mix on low speed until dough starts to resemble a coarse meal, about 5 minutes. Increase speed to medium and mix 2 minutes more, until dough just starts to clump around the paddle or on the sides of the bowl. Scrape the bowl and paddle; finish bringing dough together by hand.
3. On a lightly floured work surface, roll dough into a cylinder. Divide it in half and then pat each half into a rectangle. Lay down a sheet of parchment paper. Place one rectangle of dough on parchment. Place rolling sticks on either side of dough, leaving a margin of about 2 inches on either side of dough. Cover with a second sheet of parchment paper. Roll dough to a ¼ inch thickness. Peel off top sheet of parchment. Remove rolling strips. Place parchment sheet back over dough and flip paper-dough sandwich over. Peel off bottom sheet of parchment paper. Cover dough with parchment paper. Place dough, between 2 sheets of parchment paper on a baking sheet and freeze for about 30 minutes. Repeat with second piece of dough.
4. Preheat oven to 350°F. Let the dough sit at room temperature for up to 5 minutes. Invert it onto a work surface and peel off the top sheet of

parchment paper. Using your heart cookie cutters, cut dough into desired shapes. Use up remaining scraps of dough by combining and re-rolling.

5. Arrange 6-8 cookies on baking sheets lined with parchment paper. Only bake one sheet of cookies at a time. Place remaining cut cookies in fridge until it is their turn to be baked. Chilled cookies will hold their shape better than room temperature cookies. Transfer to oven, lower the temperature to 325°F and bake for 10 minutes. Rotate pan and bake until cookies feel firm to the touch and are lightly golden brown, 6 to 8 minutes more.
6. While the first pan of cookies is baking, snap cookie stamp letters together to create desired phrases. When cookies come out of the oven, lay the baking sheet on a cooling rack and immediately stamp them with your messages. Press firmly but don't go too deep, or you will break the cookie. Let cookies cool completely on sheet. They can be stored in an airtight container for up to 1 week, or frozen for up to a month.