

Idiot's Kitchen Recipe – Ginger Cardamom Bars

Recipe from www.idiotskitchen.com – from Bon Appetit/Epicurious



Ingredients:

2 cups flour
1 cup sugar
1 teaspoon cinnamon
1 ½ teaspoons ground cardamom
½ teaspoon salt
2 sticks (1 cup) unsalted butter, cold and cubed
1 large egg, beaten
4 ounces (¾ cup) candied ginger, chopped
Non-Stick Cooking Spray

Preheat the oven to 350 degrees.

In the bowl of a food processor fitted with the regular metal blade, combine 2 cups flour, 1 cup sugar, 1 teaspoon cinnamon, 1½ teaspoons ground cardamom, and ½ teaspoon salt. Pulse the food processor 3-4 times to combine all of the dry ingredients.

Cut 2 sticks of COLD, unsalted butter into cubes. Add the butter to the dry ingredients and pulse the food processor 8-10 times until the butter has been broken up into a coarse meal.

Beat 1 egg in a small bowl to thoroughly combine the yolk and white. Add 2 Tablespoons of the beaten egg to the food processor. Save the rest of the egg for later. Pulse the processor 6-8 more times until the dough is the consistency of wet sand. Do not over-process...the dough should be quite crumbly.

Use a sharp knife to chop up 4 ounces of candied ginger. Add it to the dough and pulse 3-4 times to incorporate all of the ingredients.

Spray a 9x9 inch baking pan thoroughly with non-stick cooking spray. Dump the crumbly dough into the pan and use your fingers to press it into an even layer in the bottom of the pan. Brush the top of the dough with the remaining beaten egg. Use a sharp knife to lightly score the dough with diagonal lines about 1 inch apart into a checkerboard pattern.

Bake the bars at 350 degrees for 40 minutes until golden brown and a toothpick inserted into the center comes out clean. Allow the bars to cool completely in the pan and then cut into small squares.