



Buttercream Sweetheart Cookies



The Flying Kitchen
Cooking School

by Shannon Vavich

The buttercream makes these cookies so creamy and delicious. It, along with my tinted sugar method makes so many design possibilities so fun to make! Buttercream recipe in separate lesson.

This cookie recipe is formulated to stay sturdy, yet light and delicious. They hold their shape while baking, and they provide a beautiful canvas for all of your designs.

Please watch the accompanying video for all my tips on mixing, rolling, cutting, storing and baking. At the end of the lesson I include instructions for how to make and add the glittery sugar embellishment, and some basic piping instruction.

This recipe makes four dozen cookies, and the dough can be frozen for up to three months, or refrigerated for a week.

Ingredients:

- 5 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cream of tartar
- 2 tablespoons cornstarch
- 1 cup unsalted butter, softened
- 1 1/2 cups sugar
- 1/2 cup sour cream
- 2 eggs
- 1 tablespoon vanilla extract
- 1/4 teaspoon almond extract

In a large mixing bowl, combine flour, baking powder, salt, cream of tartar and cornstarch. Mix well.

In the bowl of a heavy duty mixer, cream butter and sugar. Add sour cream and whip well. Add eggs, one at a time. Scrape down the sides of the bowl with a spatula. Add the flour mixture to the butter mixture, one large spoon at a time (see video). Stir gently to combine. Add vanilla and almond extract.

Halve the dough and wrap each in plastic wrap. Chill for 2 hours or up to one week. Before rolling, let each dough block warm (on the counter) enough to be malleable. Flour surface well before rolling. Roll out dough to desired thickness and cut with cookie cutters. Place on baking sheet covered with parchment paper. Bake at 325 degrees for 5-10 minutes. Please see video for vital instruction.

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