Anise and Sesame Cookies – Koulourakia

PREHEAT THE OVEN to 375 degrees.

Cream butter and sugar in a mixer until smooth and fluffy. Blend in the beaten eggs.

Warm the milk over medium heat, but do not boil it. In a separate, small mixing bowl, stir the baking soda and baking powder into the warm milk until the powder and soda dissolve. The mixture will foam and expand in volume.

Gently blend this milk mixture into the butter-sugar mixture. Stir in ½ teaspoon of anise seeds and then gradually blend in the sifted flour. The dough should pull away from the sides of the bowl.

Chill the cookie dough in the refrigerator for a minimum of 15 minutes before beginning to shape it. When the dough is chilled, pat your hands with some of the remaining ¼ cup of flour before quickly rolling a heaping tablespoon of dough into a 5-inch log. Then roll the log in a blend of ¼ cup anise seeds and ¼ cup sesame seeds. Shape the log into a circle, overlapping the ends.

Grease your cookie sheets and place the cookies 2 inches apart. Brush the tops with milk. Bake the *koulourakia* until the cookies are light brown, approximately 15 minutes.

Makes 2 dozen large cookies

⅔ cup (10⅔ tablespoons) unsalted butter
1 cup sugar
2 eggs, well beaten
⅓ cup milk (nonfat works fine)
½ teaspoon baking soda
2 teaspoons baking powder
½ teaspoon anise seeds
3 cups unbleached flour, sifted

¼ cup unbleached flour
¼ cup anise seeds
¼ cup sesame seeds

Canola-oil spray for greasing cookie sheet

¼ cup milk for brushing cookie tops

The colder the dough, the easier it will be to roll out the cookies, so it is not a problem to leave it in the refrigerator for a longer period of time.

Greek Revival Cooking for Life