

Ajwain Cookies

Manali

Whole Wheat Cookies flavored with ajwain (carom seeds)! These sweet and salty crispy cookies are eggless and go well with chai or coffee!

★★★★★ 5 from 9 votes



PREP TIME
15 mins

COOK TIME
20 mins

TOTAL TIME
35 mins

COURSE
Cookies



CUISINE
Indian

SERVINGS
24 cookies



CALORIES
75 kcal

INGREDIENTS

- 1.5 cups atta (whole wheat flour) 195 grams
- 1/4 teaspoon salt
- 3 teaspoons ajwain carom seeds
- 1/4 teaspoon baking powder
- 1/4 cup + 1 tablespoon powdered sugar 45 grams
- 1/2 cup salted butter 1 stick (113 grams), at room temperature
- 1.5 tablespoons milk 22 ml, or as needed

INSTRUCTIONS

1. Pre-heat oven to 350 F degrees. Line a large baking sheet with parchment paper and set aside.
2. To a large mixing bowl, add atta, salt, ajwain and baking powder. Then add the powdered sugar and mix until the sugar is well combined.
3. Add in the butter. I have used room temperature butter here which I cut into small pieces and then added to the bowl.
4. Using your finger (or you can also use a fork) mix the butter with the flour until it's well combined. You can also use a stand mixer here. Once combined, the mixture will resemble crumbs.
5. Add milk to bring the dough together. Start with 1 tablespoon of milk and add as needed to bring the dough together. Mix to form a dough.

- Cover with dough with a cling and let it rest for 20 minutes. After it has rested, remove the cling and place the dough on a surface lightly dusted with wheat flour.
- Use a rolling pin to roll the dough into 1/4 inch thickness. The dough will break as you roll it, so try to roll slowly and apply equal pressure as you roll.
- Then cut the rolled dough into round shapes. I used a cookie cutter and cut circles of around 2 inches diameter.

Transfer cut cookies to a baking sheet. Gather the remaining dough and roll again to cut more cookies. I got a total of 24 cookies.

- Place cookies on the prepared baking sheet lined with parchment paper, with little space between each cookie. Sprinkle more ajwain on top and then brush the top with milk (optional).
- Bake the cookies at 350 F degrees for 18 to 20 minutes until crisp. Cool to room temperature and then store the ajwain cookies in an air tight container.

NOTES

- You may reduce the amount of ajwain if you don't want a strong flavor of it in the cookies.
- You may flavor these cookies with vanilla or cardamom.

NUTRITION

Calories: 75kcal

Saturated Fat: 2g

Fiber: 1g

Iron: 0.3mg

Carbohydrates: 9g

Cholesterol: 10mg

Sugar: 3g

Protein: 1g

Sodium: 59mg

Vitamin A: 120IU

Fat: 4g

Potassium: 31mg

Calcium: 7mg

Get recipe at: <https://www.cookwithmanali.com/ajwain-cookies/>