Elizabethan Finer jumbals
Yield 20 small jumbals

From www.seatofmars.com
Email Jason@seatofmars.com

Half a cup of sugar
2 egg whites
1 egg yolk
Half a cup of shifted flour
4 tablespoons of butter, melted and cooled to warm
1 and half teaspoons of rose water
Three quarters of a cup of blanched almonds, coarsely ground
1 - 2 teaspoons of anise or coriander seeds

1) Whip sugar and egg whites with electric or hand beater for about 2 minutes or until the mixture is the consistency of heavy cream.
2) Add egg yolk, flour, butter and rose water. Blend thoroughly
3) Stir in the Almonds
4) Drop batter from a teaspoon onto a well greased floured cookie sheet. Leave at least 1 and half inches between the jumbals.
5) Sprinkle tops of the jumbals with anise or coriander seeds
6) Bake at 400 degrees for about 12 minutes or until the jumbals are golden brown around the edges.
7) Remove jumbals from the baking sheet immediately and place them on the rack to cool.
Yields 20 Jumbals

From www.seatofmars.com
Email Jason@seatofmars.com