

THE SPREAD

17 DELICIOUS, DOABLE RECIPES



NANAIMO BAR
THUMBPRINTS
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The Great Canadian Cookie Road Trip

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This year, in a feat of holiday magic, we transformed six iconic Canadian sweets into cookie form!

The flavours of Nanaimo Bar, Prairie Flapper Pie and yup, even East Coast Moon Mist ice cream, show up in nutty sablés, tender dacquoise and crunchy shortbread. Your cookie platter will be a riot of texture and colour—and a bite-sized tour of the country's most celebrated desserts.



Nanaimo Bar Thumbprints

PREP 25 MIN;
TOTAL 2 HRS 30 MIN

MAKES 20 COOKIES

Undoubtedly the most classic Canadian bar cookie, Nanaimo bars hail, of course, from Nanaimo, B.C. Here, they are reimagined as sophisticated thumbprints. A rich cocoa base full of coconut, walnuts and graham crumbs is filled with the classic custard filling and finished with a drizzle of dark chocolate.

- 2/3 cup unsalted butter, softened (153 g)
- 1/3 cup brown sugar (73 g)
- 1 large egg yolk
- 3/4 cup all-purpose flour (105 g)
- 1/4 cup cocoa (30 g)
- 1/8 tsp salt
- 1/3 cup unsweetened desiccated coconut

- 1/4 cup finely chopped walnuts
- 1/4 cup graham cracker crumbs

Filling

- 1 cup icing sugar (125 g)
- 1/4 cup unsalted butter, softened (58 g)
- 4 tsp 35% cream
- 1 tbsp custard powder

Garnish

- 42 g melted dark chocolate, to finish
- 1 tbsp unsweetened desiccated coconut
- 1 tbsp finely chopped walnuts

1. Position rack in centre of oven, then preheat to 350F. Line two baking sheets with parchment.
2. Beat 2/3 cup butter and brown sugar in a large bowl, using an electric mixer on medium, until light and fluffy. Beat in egg yolk. Sift

in flour, cocoa and salt. Beat until just combined, then stir in coconut, walnuts and graham crumbs.

3. Roll dough into 1 tbsp-sized balls, then arrange at least 1 in. apart on prepared sheets. Use a damp thumb or the end of a wooden spoon to make an indent in the middle of each cookie. Freeze for 10 min.
4. Bake cookies until set, 14 to 16 min. Transfer cookies to a wire rack to cool completely.

5. Filling: Beat icing sugar with 1/4 cup butter, cream and custard powder in a medium bowl, using an electric mixer on medium, until smooth and fluffy. Transfer filling to a piping bag fitted with a large star tip. Pipe filling into the indent of each cooled cookie.

6. Garnish: Drizzle cookies with melted chocolate, then sprinkle with coconut and walnuts. Let stand until chocolate is firm, at least 1 hr. Cookies will keep well stored in an airtight container at room temperature up to 5 days.



Saskatoon Pie Cookies

PREP 20 MIN;
TOTAL 2 HRS 45 MIN
PLUS COOLING TIME

MAKES 16 TO 18 COOKIES

Based on Dorie Greenspan's classic *Jammers*, these cookies take flavour inspiration from a Prairie classic: Saskatoon pie. Saskatoons (also known as service berries) have an almond flavour that is amplified by an almond-scented sablé Breton base and an almond crumble.

- 1/2 cup unsalted butter, softened (115 g)
- 1/4 cup granulated sugar (50 g)
- 1/4 cup brown sugar (55 g)
- 1 large egg yolk
- 1/4 tsp almond extract
- 1/2 cup all-purpose flour (70 g)
- 1/2 cup whole-wheat or all-purpose flour (70 g)



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THE EAST COAST



- ½ tsp baking soda
- ¼ tsp salt

Streusel

- 6 tbsp all-purpose flour (53 g)
- 3 tbsp almond flour (18 g)
- 2½ tbsp granulated sugar (31 g)
- Pinch of salt
- ¼ cup cold unsalted butter, cubed (58 g)
- 1½ tbsp toasted almonds, finely chopped
- ⅓ cup thick Saskatoon jam (see tip)

1. Beat softened butter, ¼ cup granulated sugar and brown sugar in a medium bowl, using an electric mixer on medium, until light and fluffy. Beat in egg yolk and almond extract. Add ½ cup all-purpose flour, whole-wheat flour, baking soda and ¼ tsp salt. Beat until well combined.
2. Transfer dough to a sheet of parchment and roll into a 2-in. wide cylinder. Twist ends. Refrigerate until firm, about 2 hrs.
3. Streusel: Meanwhile, stir 6 tbsp all-purpose flour with almond flour, 2½ tbsp granulated sugar and pinch of salt in a medium bowl. Rub in cubed butter with fingertips until you have crumbs the size of peas. Stir in almonds. Refrigerate until ready to use.
4. Position rack in centre of oven, then preheat to 350F. Spray 18 muffin cups with oil.
5. Slice chilled dough into ¼-in. thick rounds, then place each one in the

bottom of a muffin cup. Top centre of each cookie with a heaping ½ tsp jam, then sprinkle about 1 tbsp streusel around jam.

6. Bake until golden brown, 22 to 25 min. Cool completely in pan before using a knife or mini offset spatula to unmold. Cookies will keep well stored in an airtight container at room temperature up to 3 days.

Kitchen tip

- If you can't find Saskatoon jam, try blackcurrant.



Maple Cream Cookies

PREP 20 MIN;
TOTAL 2 HRS 20 MIN

MAKES 16 COOKIES

You're sure to find this Canadian classic at any airport gift shop. They're particularly popular in Quebec, the maple syrup province. Once you make your own using maple sugar and a little nutty whole-wheat flour, you'll never go back to store-bought. If you don't have a maple leaf cookie cutter, use any shape of a similar size.

- 1 cup unsalted butter, softened (230 g)
- 1 cup maple sugar (160 g)
- ½ tsp salt
- 2 cups all-purpose flour (280 g)
- ½ cup plus 2 tbsp whole-wheat flour (88 g)

Filling

- 1⅓ cups icing sugar (200 g)

- ¼ cup unsalted butter, softened (58 g)
- 1½ tbsp maple syrup
- Pinch of salt

1. Beat 1 cup butter, maple sugar and ½ tsp salt in a medium bowl, using an electric mixer on medium, until light and fluffy. Beat in both flours until well combined.
2. Have two baking sheets at the ready. Roll out dough to ¼-in. thick between two large pieces of parchment. Place on a baking sheet and refrigerate until firm, about 30 min.
3. Position rack in centre of oven, then preheat to 325F.
4. Place firm dough on counter. Peel off top parchment, then flip over and peel off bottom parchment. (Use the parchment to line your baking sheets.) Use a 2¾-in. maple leaf cookie cutter to cut out cookies, then arrange at least 1 in. apart on prepared sheets. Use the back of a paring knife to draw leaf veins, if desired. Re-roll dough scraps, refrigerate briefly and cut out more cookies.
5. Bake until set and lightly golden around edges, 12 to 14 min. Transfer cookies to a wire rack to cool completely.
6. Filling: Beat icing sugar, ¼ cup butter, maple syrup and pinch of salt in a large bowl, using an electric mixer on medium, until light and fluffy. Spread bottom of half the cooled cookies with 1 tbsp filling, then sandwich with remaining cookies. Cookies will keep well stored in an airtight container at room temperature up to 5 days.



Moon Mist Sugar Cookies

PREP 15 MIN; TOTAL 30 MIN
PLUS COOLING TIME

MAKES 24 COOKIES

Moon Mist is an iconic Atlantic Canada ice cream flavour that swirls together vibrant yellow banana, blue bubble gum and purple grape. Neither kids nor adults will be able to resist the cookie version of this childhood summer classic. If you use a scoop to portion them, they almost look like ice cream.

- 2½ cups all-purpose flour (350 g)
- ¾ tsp baking powder
- ¾ tsp salt
- 1 cup unsalted butter, softened (230 g)
- 1½ cups granulated sugar (300 g)
- 2 large egg yolks
- ½ tsp banana extract or bakery emulsion, such as LorAnn (see tip)
- 4 drops bubble gum super strength flavouring oil
- 4 drops grape super strength flavouring oil
- Yellow, blue and purple food colouring

1. Position rack in centre of oven, then preheat to 350F. Line two baking sheets with parchment.
2. Combine flour with baking powder and salt in a medium bowl. Beat butter and sugar in a large bowl, using an electric mixer on medium, until



light and fluffy. Beat in egg yolks, one at a time, then beat in dry ingredients until well combined.

3. On a clean surface, divide dough into three equal portions. Knead banana extract and yellow food colouring into first portion. Then bubble gum flavouring and blue food colouring into second portion. Then grape flavouring and purple food colouring into third portion. Tear 1 to 2 tbsp-sized pieces of dough at a time from each colour and toss back into bowl. Gently press pieces together.

4. Use a 1-oz scoop to portion cookies, then arrange at least 1 in. apart on prepared sheets. (Or roll into 2 tbsp-sized balls.)

5. Bake until set and lightly golden around the edges, 12 to 14 min. Transfer cookies to a wire rack to cool completely. Cookies will keep well stored in an airtight container at room temperature up to 5 days.

Kitchen tips

- A bakery emulsion is similar to an extract, and works particularly well in baked goods. Look for this and flavouring oils at cooking and restaurant supply stores, or retailers like Bulk Barn.
- Save this recipe for ice cream sandwiches! Flatten cookies to ½-in. thick before baking; sandwich with ice cream when cool.



Flapper Pie Cookies

PREP 30 MIN;
TOTAL 6 HRS 50 MIN

MAKES 28 TO 30 COOKIES

Let's just say it was a challenge to transform this classic Prairie pie—which features a graham crust filled with custard and topped with meringue—into cookie form. The key is a dry meringue-based dacquoise cookie made with graham crumbs instead of the traditional nuts. A few hours after being sandwiched with custard filling they soften up for the perfect bite-sized treat.

Filling

- ¾ cup 3.25% milk
- 3 large egg yolks
- ¼ cup granulated sugar (50 g)
- 1½ tbsp cornstarch
- ½ tsp all-purpose flour
- Pinch of salt
- 1½ tbsp unsalted butter (22 g)
- ¾ tsp vanilla

Cookies

- 1¾ cups graham crumbs, divided
- 1 tbsp unsalted butter, melted
- ¾ tsp salt, divided
- 6 large egg whites
- 1 cup granulated sugar (200 g)
- 2 tbsp cornstarch

1. Filling: Pour milk into a small saucepan set over medium. Heat until milk starts to steam. Meanwhile, whisk egg yolks with ¼ cup sugar, 1½ tbsp cornstarch, flour and pinch of salt in a medium bowl. Gradually pour hot milk in a steady stream into yolk mixture, whisking constantly.

Return mixture to saucepan. Cook, whisking constantly, until mixture comes to a boil. Remove from heat and whisk in 1½ tbsp butter and vanilla until smooth. Scrape mixture into a clean bowl and cover the surface directly with plastic wrap. Refrigerate until chilled, at least 3 hrs, preferably overnight.

2. Position rack in centre of oven, then preheat to 350F. Line two large rimmed baking sheets with parchment.

3. Cookies: Stir ¼ cup graham crumbs with melted butter and ¼ tsp salt in a small bowl. Set aside.

4. Combine egg whites with remaining ½ tsp salt in the bowl of a stand mixer fitted with the whisk attachment. Beat on medium speed until foamy and opaque. Increase speed to medium-high and gradually add 1 cup sugar. Continue to beat until stiff, glossy peaks form. Fold in remaining 1½ cups graham crumbs and 2 tbsp cornstarch.

5. Transfer egg white mixture to a piping bag fitted with a large round tip. Pipe rounds that are 2-in. wide and ⅓-in. high onto prepared sheets. Sprinkle tops generously with graham-butter mixture. Bake until golden and set, 16 to 19 min. Transfer cookies to a wire rack to cool completely.

6. Whisk chilled filling until smooth, then transfer to a piping bag fitted with a large plain tip. Pipe filling onto bottoms of half the cookies, leaving a ¼-in. border all around. Sandwich with remaining

cookies. Transfer cookies to an airtight container and refrigerate for at least 2 hrs before serving. Cookies will keep well refrigerated up to 4 days.



Thunder Bay Persian Sablés

PREP 25 MIN;
TOTAL 4 HRS 30 MIN

MAKES 16 COOKIES

The original recipe for the persian, a beloved Thunder Bay, Ont., delicacy, is a closely guarded secret. This cookie spin-off keeps the spirit of the original cinnamon-scented fried dough topped with berry-tinted icing.

- ½ cup unsalted butter, softened (115 g)
- ¼ cup brown sugar (55 g)
- ¼ cup granulated sugar (50 g)
- 1 large egg yolk
- ½ tsp vanilla
- 1 cup all-purpose flour (140 g)
- ¼ tsp cinnamon
- ¼ tsp salt

Icing

- 1½ cups icing sugar (186 g)
- 3 tbsp unsalted butter, softened (43 g)
- 3 tbsp frozen raspberries, thawed
- Pinch of salt
- Sprinkles (optional)

1. Beat ½ cup butter, brown sugar and granulated sugar in a large bowl, using an

electric mixer on medium, until light and fluffy. Beat in egg yolk and vanilla.

Add flour, cinnamon and ¼ tsp salt. Beat until well combined.

2. Transfer dough to a sheet of parchment paper and roll into an 8-in. long cylinder. Twist ends. Refrigerate until firm, about 2 hrs.

3. Position rack in centre

of oven, then preheat to 350F. Line two baking sheets with parchment.

4. Slice chilled dough into ½-in. thick rounds, then arrange 1 in. apart on prepared sheets. Bake until set and lightly golden, 15 to 16 min. Transfer cookies to a wire rack to cool completely.

5. Icing: Beat icing sugar, 3 tbsp butter, raspberries

and pinch of salt in a medium bowl, using an electric mixer on medium, until light and fluffy and raspberries break down.

6. Frost cooled cookies generously with icing, then top with sprinkles if using. Let cookies stand for 30 min before serving or storing.

Cookies will keep well stored in an airtight

container between layers of waxed paper at room temperature up to 3 days.



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