Apees Recipe

## Ingredients

- 2 cups all-purpose flour, plus extra for dusting
- 1 stick cold butter
- 1/3 cup white wine
- ½ cup sugar
- 1 ½ tbsp. caraway seeds
- ¾ tsp. ground cinnamon
- ¾ tsp. ground nutmeg
- ¾ tsp. ground mace

30 minute prep 0-25 minute baking

Apees were a popular German cookie, especially during the mid-1800s. Right before the Civil War, Germans made up the largest part of the Upper Middle West's foreign-born population. The next biggest groups were the Irish and Scandinavians. Wisconsin's population at the time was 1/3 German, and today those with German descent still make up 44% of our population. Apees were small and easy to store and could last for weeks without going stale. These cookies are full of delicious spices and simple to make!
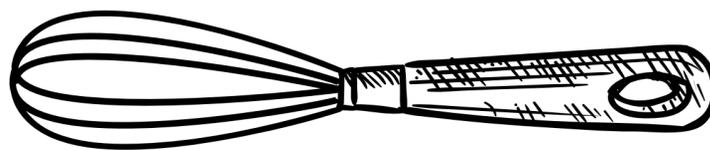
Instructions

1. Preheat your oven to 350° F

2. Combine the flour, sugar, and spices together in a big bowl.

3. Cut the butter into your mixture. *Cutting butter means to slowly incorporate the cold butter in by pressing it with a fork or cutting it with a butter knife into the mixture. This process leaves small chunks of butter throughout the dry mixture, which makes it flaky when baked, like a pie crust or scone.*

4. Slowly pour in the wine, stirring it into the mixture as you pour.

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5. Knead the mixture until it becomes doughy, then roll it out onto a floured surface. You should make sure the dough is no thicker than 1/8 inch, or about the size of two quarters stacked on top of each other.

6. Cut out your cookies into small rounds using a cookie cutter or a cup about 1 ¼ inch in diameter and place them onto your baking sheet.

7. Bake the cookies until they are a light golden brown color, or for about 20-25 minutes. Don't forget to let your cookies cool before enjoying them!

FLOUR