

## **Pecan Sandies**

Do you enjoy cookies? If so, be excited about a pecan sandy. You may ask what is a pecan sandy and what is with the name? The sandy is a type of sugar or shortbread cookie plus crunchy pecans. These cookies are named after their crumbly texture. They have a sandy or breadcrumb-like texture when the flour and butter are mixed together. Pecan Sandies are also a sandy color, which makes the name very fitting.

A traditional pecan sandy is made with a dough that is chilled overnight, rolled into a log, cut into slices, and garnished with a toasted pecan and powdered sugar. These can also be rolled out and made into cookie cutter shapes, scooped and “dropped” onto a cookie sheet, and made into bars. This shortbread cookie pairs well with a cold glass of milk or a hot coffee or tea due to its mild sweetness. Pecan Sandies are a very common type of cookie. The Keebler brand has named its line of shortbread cookies Sandies. Traditionally shortbread cookies are made from two parts butter, three parts flour, and one part sugar. These cookies are typically crumbly and dense because leavening agents such as eggs are excluded from the recipe. The butter and sugar in these cookies add flavor and keep these cookies soft.

Cookies with less sugar and a dry dough have a crumbly but soft texture. This causes the cookies to have both the texture and look of sand. Sandies are made with a higher fat content (butter) that have a more airy and lighter feel in your mouth when mixed with sugar. These cookies do not have as many densely packed crumbs as a more wet or less fat content cookie dough.

I love the buttery flavor and texture of shortbread cookies. The variations are countless, so these cookies can be very creative. Try Pecan Sandies enhanced with add-ins such as coconut, dried fruit, chocolate or flavored chips, toffee bits, other nuts, spices, maple extract or other flavorings, fruit zest, sprinkles, dipped in chocolate, or glazed. These are an easy-peasy, average 20-minute cookie recipe.

Many other cultures have cookies similar to our Americanized Pecan Sandies. The name may differ depending on where you are in the world. “Snowball Cookies” are very similar to Pecan Sandies, except the pecans are incorporated in the dough, and they are tossed in powdered sugar after they are rolled into balls. Some of the other common names for these cookies are “Mexican Wedding Cookies,” “Russian Tea Cakes,” and “Danish Wedding Cookies.” Whatever the country of origin, they continue to be a favorite for people worldwide.

Pecan Sandies have many variations and recipes to choose from, but the base of the cookies remains the same. Cream the sugar and butter together until light and fluffy; fold in ground pecans, flour, and the essence of your choice. Mix this until a dough is formed. Chill the cookie dough, then roll it into balls. Flatten the cookies gently on the cookie sheet by placing a whole pecan in the center of each cookie. Bake the cookies and then coat them in powdered sugar.

The thought of a freshly baked cookie with the heavenly smell of them lingering in the house is a great reason to celebrate National Pecan Sandies Day. These cookies will hit the spot, primarily served with a hot coffee or tea or an ice-cold glass of milk. This cookie is an all-time favorite and deserves a spot in your regular baking rotation. Find a recipe and bake some Pecan Sandies!

(Sources: [en.wikipedia.org](https://en.wikipedia.org); [nationaltoday.com](https://nationaltoday.com); [tastesbetterfromscratch.com](https://tastesbetterfromscratch.com))