

# Cleo Coyle's *Anginetti*

## Glazed Italian Lemon Cookies

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

In my big Italian family, these light lemony cookies with a sweet glaze often made their appearance during the holidays. With colorful sprinkles added, **anginetti** make wonderful cookies for Christmas & Easter, and because the dough can be formed into many traditional shapes, the cookies are fun to make with children. The sprinkles (nonpareils) are what make these cookies especially popular for Italian weddings, which is why I featured them in my 7<sup>th</sup> Coffeehouse Mystery [Espresso Shot](#), where a spectacular wedding takes place.



The colorful little balls of sugar evoke the longstanding wedding tradition of giving guests almonds coated with hard-sugar shells as favors. Because almonds have a bittersweet taste, they represent the truth of married life, but the sugarcoating represents the hope that the newlyweds' life will be more sweet than bitter. May these cookies sweeten *your* life!

*A final personal note:* This recipe is close to one made by my beloved late aunt Mary. Aunt Mary was born in Italy, and she helped my mother raise me and my sister, Grace. For years, I was her little assistant cook, and I always think of her with love whenever I make a recipe she taught me. Thank you, Aunt Mary, I miss you and love you. And I know you would be happy to join me in inviting everyone to...eat with joy!



*My beloved aunt  
Mary Capaccio.*

~ **Cleo (Alice)**, author of [The Coffeehouse Mysteries](#)

**Makes about 3 dozen cookies**

### INGREDIENTS:

- 6 tablespoons unsalted butter, softened
- 3/4 cup white granulated sugar
- 1-1/2 teaspoons pure vanilla extract
- 1/2 teaspoon pure lemon extract
- 1 teaspoon fresh lemon zest (grated from rind, no white pith)
- 1/8 teaspoon table salt (about two pinches)
- 3 large eggs (lightly whisked with fork)
- 1/4 cup whole milk
- 4 teaspoons baking powder
- 2-1/2 cups all-purpose flour

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### Step 1 – Make your dough:

Cream the butter and sugar with an electric mixer. Beat in the vanilla and lemon extracts, lemon zest, and salt. Add the eggs and beat for a full minute until light and fluffy. Add the milk and baking powder and beat for another 30 seconds. Finally, blend in the flour, but take care not to over-mix at this stage or you will develop the gluten and your cookies will be tough.



The dough will be soft and sticky. You must cover with plastic wrap and chill for at least 1 hour—cold dough is easier to work with. AND be sure to use flour-dusted hands when working with your chilled, sticky dough. If storing overnight, take out dough, pat into a disc and tightly wrap in plastic.



### Step 2 – Bake:

Preheat your oven to 350 F. and line a baking sheet with parchment paper or silicon sheets or lightly coat surface with non-stick spray. Again, use flour-dusted hands to work with your sticky dough. Break off pieces and form into one or more of these classic shapes.

**For lemon drops**, roll pieces of dough into 1-inch balls.

**For love knots**, roll pieces of dough between palms to form ropes. Tie the ropes into small knots. Again, be sure to chill the sticky dough first and use flour-dusted hands.

**For rings**, form ropes into circles instead and press ends together. If needed, when sealing rings, use a drop of water as glue.

**Bake** 10 to 15 minutes.



### NOTE:

**Do not overcook**

The cookies will not brown on top, so look for a light golden browning on the bottoms. **See photo ^**  
**Baking time of 10 to 15 minutes** will vary, depending on your oven. For mine it's 12 minutes.  
Let the cookies cool before glazing.



**Step 3 – Make the glaze:** Into a bowl sift **2 cups powdered sugar**. In a separate, small bowl place **4 Tablespoons fresh lemon juice** (you should be able to extract this from 1 large lemon). Add **2 teaspoons pure lemon extract** and **2 teaspoons water**.

Add this lemon juice mixture to the sifted confectioners' sugar. Fork-whisk until the glaze reaches the consistency you wish. If the glaze is too thin, add more confectioners' sugar. If too thick, add a bit more water and blend until smooth.



See my photos to help you gauge how glaze should look.

**TO GLAZE COOKIES:**

Dip the tops of cooled cookies into the glaze, turn once or twice, then lift, letting the extra glaze drip off. Allow the cookies to sit on a rack undisturbed until the glaze sets (about 15 minutes). Sprinkles must be added while the glaze is still wet.

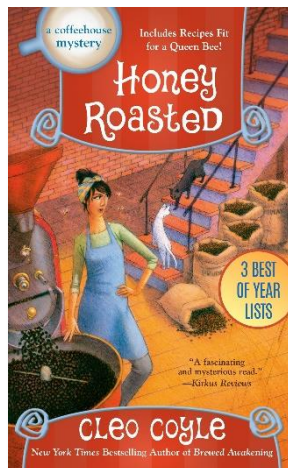
Again, wait for the glaze to set before serving, and may you...



*Eat with joy! ~ Cleo*

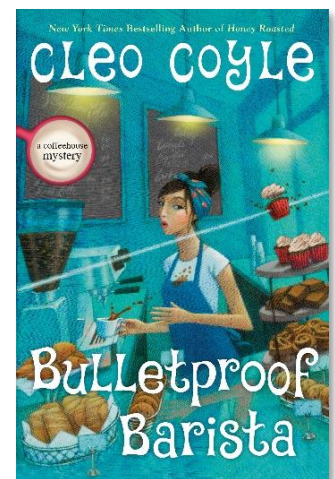


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