

Cookies of Many Cultures



Companion for *Festival of Flavor* — scan code for activity.

Alfajores

Alfajores are South American treats made from two buttery, melt-in-your-mouth cookies with creamy *dulce de leche* (Spanish for “sweet from milk”) caramel in the middle. Different countries have versions that are rolled in shredded coconut, dusted with powdered sugar, or dipped in chocolate.



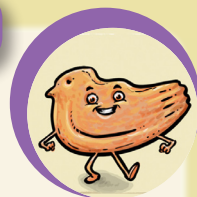
Biscotti

These Italian cookies are named for the Latin word *biscoctus*, meaning “twice baked.” The dough is shaped into logs, baked, cooled, then sliced and baked again. This gives them a crunchy texture that’s perfect for dunking. Originally made with almonds, they now have additions like chocolate chips or dried fruit.



Hato Sable

In Japanese, “hato” means pigeon or dove. “Sable” is a French butter cookie that’s said to be the inspiration for these treats. They started in Kamakura, a seaside town south of Tokyo, in the 1890s. Some say they have a dove shape in honor of a shrine near the original baker’s shop.



Kolocheh

Kolocheh is a traditional Persian sweet that originated in northern Iran. It’s a round golden disc stamped with circles and has a soft filling inside. The filling may include a variety of flavors, such as walnuts, pistachios, almonds, dates, or coconut.



Mbatata

Mbatata cookies from Malawi are made with mashed sweet potatoes. The country is known as the “warm heart of Africa” due to people’s kindness and hospitality, so the cookies are often heart-shaped. The soft, cake-like treats include cinnamon and raisins, with healthy vitamins from the sweet potatoes.



Spitzbube

A spitzbube is a traditional German cookie made from two layers of buttery dough filled with red currant or raspberry jelly. The name means “rascal” or “mischievous boy,” and is often seen in the plural form, *spitzbuben*. Similar treats can be found in Austria, Switzerland, and the UK.



Shortbread

This rich Scottish biscuit, or cookie, is primarily made from butter, flour, and sugar. It’s traditionally cut in wedges, circles, or rectangles. The dough may be pricked with a fork so it bakes uniformly and won’t bubble up. The word “short” in the name refers to its crumbly texture from lots of butter.



Thumbprint

Thumbprints are buttery cookies rolled in sugar and filled with jam—often raspberry, strawberry, or apricot. Some bakers roll them in chopped nuts. The name comes from the indentation made in the center with your thumb (or a spoon) to hold the jam. In Australia, these treats are called jam drops.



Ube Crinkle

The ube is a mildly sweet purple yam that is native to the Philippines and often used in desserts. It can be made into a spread called halaya jam, which is often used in these soft, slightly chewy crinkle cookies. Ube extract can be added to intensify the purple color.

