



Long Livo

Orange Fish Cookies Recipe – Easy & Delicious

15 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb white fish fillet, finely chopped
- ☐ 1 large orange, zest only
- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup unsalted butter, softened
- ☐ 1/4 cup granulated sugar
- ☐ 1 large egg, room temperature
- ☐ 1 tsp baking powder
- ☐ Pinch of sea salt

Instructions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a bowl, cream the butter with the sugar until light and fluffy; add the egg and beat briefly.
- 3 Stir in the orange zest, then fold in the chopped fish, letting the citrus coat each tiny piece.
- 4 Sift together flour, baking powder, and salt; gently mix into the wet ingredients until just combined.
- 5 Scoop rounded tablespoons of dough onto the prepared sheet, spacing them about an inch apart; chill for 10 minutes.
- 6 Bake for 12-14 minutes, until the edges turn golden and a faint perfume of orange fills the kitchen.
- 7 Allow cookies to cool on the sheet for 2 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

180 kcal

Calories

7 g

Protein

22 g

Carbs

8 g

Fat

Tips & notes

- If the dough feels sticky, add a tablespoon more flour.
- For extra zing, drizzle a thin glaze of orange marmalade just before serving.
- These cookies pair wonderfully with a cup of herbal tea or a light citrus-infused sparkling water.