



Southern Tea Cakes

★★★★☆

The best (and easiest) Southern Tea Cakes Recipe (or tea cake cookies recipe) is here! You will feel like you are right in the South after making and serving these, not to mention eating them.

Course Snack
Cuisine Southern

Keyword classic recipes, family recipes, southern recipes

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Servings 12 servings

Calories 180kcal

Author Jocelyn Delk Adams of Grandbaby-Cakes.com

Ingredients

- 1 stick unsalted butter room temperature
- 3/4 cup granulated sugar
- 1 large egg at room temperature
- 2 teaspoons pure vanilla extract
- 1 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda

Instructions

1. In a medium sized bowl, whisk together the flour, salt and baking soda and set aside.
2. In the bowl of your mixer, add butter and sugar and mix together on high speed until fluffy and smooth (about 4-5 minutes).
3. Turn mixer to medium speed and add in one egg and vanilla extract and beat until well incorporated.
4. Lastly, turn mixer to slow speed and add in flour mixture in intervals of three beating after each addition to incorporate.
5. After dough is well mixed, turn off mixer and remove dough from mixer and add to a ziploc bag and place in your refrigerator for at least one hour to firm up dough.
6. Once dough is firm, remove from fridge and preheat your oven to 325 degrees.
7. Line your cookie sheet with parchment paper.
8. Taking a measuring tablespoon, scoop out cookie dough the size of the tablespoon and roll into a ball. Using your thumb, gently press the center to flatten a bit and place on the tray.
9. Do the same for the rest of the dough leaving at least an 1 1/2 inches between each dough ball.

10. Bake for 9-11 minutes until golden brown on the edges and remove from the oven.

11. Cool for 5-10 minutes and serve.

Notes

Remember to make sure your ingredients are room temperature. They will incorporate much better and create a wonderful well mixed dough.

Nutrition

Calories: 180kcal | Carbohydrates: 24g | Protein: 2g | Fat: 8g | Saturated Fat: 4g | Cholesterol: 35mg | Sodium: 78mg | Potassium: 22mg | Sugar: 12g | Vitamin A: 260IU | Calcium: 7mg | Iron: 0.8mg