

## Hildegardplätzchen (St. Hildegard Spice Cookies)

Feast Day: September 17th

Professional and amateur chefs may appreciate St. Hildegard of Bingen, a 12th century German saint who wrote her own cookbook. The multi-talented nun believed in the holistic and natural approach to healing. So, her recipes included organic ingredients, such as spelt and spices. Below is an adaptation of her spice cookies which she believed will improve one's outlook on life. Have a happy Feast Day of St. Hildegard and bake these ancient biscuits called "Hildegardplätzchen."



**Recipe** (Adapted from *Cooking With the Saints* by Ernst Scheugraf)

### Ingredients

- 1/2 cup (1 stick) butter
- 3/4 cup sugar (granulated white or brown)
- 2 eggs
- 3 1/2 cup flour
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- 1/2 teaspoon ground cloves

### Directions

In a large mixing bowl, cream together the butter and sugar. Beat in the eggs.

In a separate bowl, combine the flour, baking powder, cinnamon, nutmeg and ground cloves.

Gradually add the flour mixture and blend until a soft dough is formed. Add a little water if it is too dry.

Make into a ball and flatten into a disc. Roll out into about 1/4-inch thick and cut out 3-inch circles. Place on a cookie sheet.

Bake in a preheated oven at 350 degrees F for 12-15 minutes or until golden. Remove from the oven and transfer to a wire rack to cool completely. Yield: Approximately 3 dozen cookies.

### Notes

- ❖ A mixture of all-purpose and spelt flours may be used in this recipe. St. Hildegard advocated the use of spelt over other wheat-based flours because the former is easier to digest and contains more protein.
- ❖ St. Hildegard developed a spice cake version of her cookies for another saint. We made "Margariten Lebkuchen" on the Feast Day of St. Margaret of Antioch on July 20.
- ❖ Learn more about St. Hildegard of Bingen from Catholic Online ([www.catholic.org](http://www.catholic.org)).

**Quick Blurb from an article: *St. Hildegard gives us a recipe for joy...***

It is difficult for Catholics to know what to make of Hildegard. Unlike for other saints, statues and prayer cards do not abound. Part of the problem is that she is so much at once: folk-healer, mystic, composer, visionary, poet, doctor of the church. Do a Google search and you will find Hildegard claimed by alternative medicine practitioners, eco-poets, musical scholars and others.

Of course, she belongs to these groups, but to view her through any single lens misses the wondrous fact that Hildegard's wide-ranging works were integrated expressions of a dynamic life. Her great genius was her ability to bear such fruit and transform the variety into a singular vocation. Whether she was recording the healing properties of gentian, composing an antiphon to St. Ursula or responding to a letter from a troubled bishop, she made use of her extraordinary gifts while staying anchored in the Spirit. Hildegard clearly loved this life and found evidence of the divine almost everywhere she looked.

By Sonja Livingston (<https://www.americamagazine.org/>)



Be not lax in  
celebrating.

Be not lazy in  
the festive  
service of God.

Be ablaze with  
enthusiasm.

Let us be an  
alive, burning  
offering before  
the altar of  
God.

- Hildegard of  
Bingen