

Cookies of Joy

For matters of melancholy, St. Hildegard offers her “cookies of joy” (or “nerve cookies”), wielding the key ingredients of spelt flour, nutmeg, cinnamon, and cloves to “calm all bitterness of the heart and mind, open your heart and impaired senses, and make your mind cheerful.”

From *Physica*: “Take some nutmeg and an equal weight of cinnamon and a bit of cloves, and pulverize them. Then make small cakes with this and flour and water. Eat them often. It will calm all bitterness of the heart and mind, open your heart and impaired senses, and make your mind cheerful. It purifies your senses and diminishes all harmful humors in you. It gives good liquid to your blood and makes you strong.”



Ingredients

12 tablespoons butter

3/4 cup brown sugar

1/3 cup raw honey

4 egg yolks

2 1/2 cups spelt flour (Spelt is a special type of wheat)

1 teaspoon salt

1 tablespoon nutmeg

1 tablespoon cinnamon

1 teaspoon cloves

Instructions

1. Melt the butter, then add it to a medium bowl with the sugar, honey, and egg yolks. Beat gently, then fold in the rest of the ingredients. Refrigerate the dough for an hour.
2. Flour a surface and then roll out the cookie dough until about a 1/4 inch thick. Cut the dough into small circles using a cookie cutter or an upturned glass.
3. Line a baking sheet with parchment paper, then bake at 375 degrees Fahrenheit for 10 minutes, or until a golden-brown. Let cool, then enjoy.

*Correction: An earlier version of this article incorrectly stated that people with gluten enteropathy can eat spelt.