

Shortbread

Ingredients for 15 pieces

100g plain flour

50g self-raising flour

50g caster sugar

100g margarine or butter
or a
mixture of both

(If you can't find self-raising flour, just take 150g plain flour and a teaspoonful of baking powder.)

Method

1. Sieve all the dry ingredients into the baking bowl.
2. Cut up margarine or butter into small pieces and rub into dry ingredients until mixture resembles fine breadcrumbs.
3. Continue working the mixture until it comes together leaving no crumbs in the bowl and is quite pliable.
4. Roll out on a lightly floured board until $\frac{1}{2}$ - 1 cm thick.
5. Prick all over using a fork and cut up into fingers or use a metal cutter to cut circles or make into a round using a mould or a flan ring.
6. Place on a baking tin spacing well apart and bake for 15 – 20 minutes until golden brown – the shortbread should not be brown. (Oven: 160°C / 325°F / Gas Mark 3).
7. Sprinkle lightly with caster sugar. Remove from baking tin using a palette knife or fish slice and place on cooling rack.

Enjoy!

History

The story of shortbread begins with the medieval “biscuit bread” beyond the 12th century. Any leftover dough from bread making was dried out in a low oven until it hardened into a type of rusk: the word “biscuit” means “cooked twice”. In the course of time the yeast in the bread was replaced by butter, and biscuit bread developed into shortbread.

Shortbread was an expensive luxury and for ordinary people, shortbread was a special delicacy reserved just for special occasions like weddings, Christmas and New Year.