



Shortbread

SERVES: 2

INGREDIENTS



Cooking spray



1½ cups plain flour, sifted



¼ cup rice flour, sifted



½ teaspoon baking powder, sifted



150 g reduced-salt butter



¼ cup caster sugar



Icing sugar, for dusting

Preparation

30
mins

Cooking

30
mins

Serving & Presentation

5
mins

Total time:

65 MINUTES

METHOD

- 1 Preheat oven to 160°C.
- 2 Lightly grease a baking tray with cooking spray.
- 3 Sift and combine plain flour, rice flour and baking powder in a bowl.
- 4 Cream butter and sugar in a separate large bowl.
- 5 Stir in the flour mixture to form a soft dough. Cover and rest in a cold place for 15 minutes.
- 6 Roll dough out onto a lightly floured surface to 3 mm thick.
- 7 Cut into long rectangular fingers.
- 8 Place onto baking tray. Bake for 30 minutes or until shortbread is a pale golden colour.
- 9 Remove from baking tray and cool on a wire cake rack.
- 10 Serve dusted with icing sugar.

tips & Techniques

When creaming butter and sugar it is important to ensure that the sugar is dissolved. You will know if this has occurred as the mix will not feel gritty and it will change in colour from yellow to a pale cream, almost white, colour.

It is important to roll the dough to 3 mm thick. If the shortbread is too thick, the pieces will take too long to cook and may not cook through.

When cooked, shortbreads should be pale golden in colour.

After the cooking time, the shortbreads will still be soft to touch. It is important to cool the shortbreads on the baking tray before moving them.

