

Lavender Shortbread



INGREDIENTS:

- 50g caster sugar
- 100g unsalted butter
- 150g plain flour
- ½ tsp vanilla or lavender extract – *optional*
- 1 tbsp edible lavender buds

EQUIPMENT:

- Mixing bowl
- Food processor – *optional*
- Clingfilm – *optional*
- Baking parchment
- Knife – *optional*
- Biscuit cutters and rolling pin – *optional*
- Baking tray

METHOD:

1. Place the sugar, butter and flour into a food processor and whiz to crumbs. This should take approximately 20 seconds. Alternatively, crumb with your fingers in a large mixing bowl, this should take several minutes.
2. Add the vanilla or lavender extract and the edible lavender buds – you can add more or less than the recipe states depending on your personal preference and how strong you would like the flavour to be.
3. Continue mixing all of the ingredients until they bind to form a stiff dough.

For rustic circular shortbread discs:

1. Roll the shortbread into a sausage and wrap with cling film or baking parchment and refrigerate for a minimum of 30 minutes to firm up.
2. When you are ready to cook, slice discs of dough approx. 5mm thick and place on a baking tray lined with baking parchment and prick the tops of the shortbread discs with a fork a couple of times.

For shortbread shapes:

1. Roll the shortbread between two sheets of baking parchment or on a lightly floured work surface to 5mm thick and stamp out using your choice of biscuit cutters and place on a baking tray lined with baking parchment and prick the tops of the shortbread discs with a fork a couple of times. You may wish to chill the dough for a minimum of 30 minutes prior to cooking to prevent the shapes from spreading.
2. Bake at 160C Fan/ 180C conventional oven for 10-15 minutes until just starting to turn golden brown around the edges. Leave to cool completely before consuming.
3. Place the sugar, butter and flour into a food processor and whiz to crumbs. This should take approximately 20 seconds. Alternatively, crumb with your fingers in a large mixing bowl, this should take several minutes.
4. Add the vanilla or lavender extract and the edible lavender buds – you can add more or less than the recipe states depending on your personal preference and how strong you would like the flavour to be.
5. Continue mixing all of the ingredients until they bind to form a stiff dough.

For rustic circular shortbread discs:

1. Roll the shortbread into a sausage and wrap with cling film or baking parchment and refrigerate for a minimum of 30 minutes to firm up.
2. When you are ready to cook, slice discs of dough approx. 5mm thick and place on a baking tray lined with baking parchment and prick the tops of the shortbread discs with a fork a couple of times.

For shortbread shapes:

1. Roll the shortbread between two sheets of baking parchment or on a lightly floured work surface to 5mm thick and stamp out using your choice of biscuit cutters and place on a baking tray lined with baking parchment and prick the tops of the shortbread discs with a fork a couple of times. You may wish to chill the dough for a minimum of 30 minutes prior to cooking to prevent the shapes from spreading.
2. Bake at 160C Fan/ 180C conventional oven for 10-15 minutes until just starting to turn golden brown around the edges. Leave to cool completely before consuming.

NOTES:

- You can keep the dough uncooked in your fridge for up to 5 days or in a freezer for up to 3 months. Once the biscuits are cooked, keep them in an airtight container and consume within 7 days
- Add a complimentary flavour dimension by adding the zest of lemon
- By pricking the shortbread with a fork you help to prevent the shortbread from forming air bubbles through the cooking process.
- It is preferable to chill the shortbread dough for a minimum of 30 minutes to prevent it from spreading/forming out of shape.
- If you are using biscuit cutters go sparingly by rolling in flour on the table surface as this will absorb into the biscuits the more you work the dough and re-roll it, therefore the shortbread will get drier the more you do this. By making the biscuits using the rustic disc method, each biscuit will be of the same quality.