

SCOTTISH SHORTBREAD

Ingredients

- 1 lb. salted butter
- 1 cup castor sugar or fruit or quick-dissolve sugar
- 1/2 cup rice flour
- 3 1/2 cup white flour

Method

Cream butter; then add fruit sugar and cream mixture. Mix in rice flour; then add in white flour, 1/2 cup at a time, mixing thoroughly. Pat into a cookie sheet and prick all over with fork tongs. Bake at 325° F. until golden brown (approximately 40-50 minutes). Turn pan 180 degrees in the oven after 20 minutes and be sure to check after 30 minutes.

Let cool 10 minutes and then cut into squares. Using a ruler as a guide is really helpful. Alternatively, the shortbread can be baked in a shortbread mould.

Place shortbread pieces on paper towel, with space between them, overnight or for 24 hours. Store in a container.

Notes:

1. I find the rice flour in Bulk Barn as well as the castor/fruit/quick-dissolve sugar.
2. The addition of a small amount of rice flour gives firmness and crunchiness to the cookie.
3. Use a 15x10x1-in. baking pan for shortbread approximately 1" thick.
4. Sugar can be sprinkled on the dough before baking.
5. There are three different 'styles' of Scottish shortbread:

A large circle, which is divided into 'slices' (like a pizza!). These are called 'shortbread petticoat tails' - probably because the design looks very similar to the pattern used to make a full petticoat (worn under dresses) at this time.

A rectangle which has been cut into strips or bars. These are called 'shortbread fingers'

Individual small circular biscuits (like cookies). These are called 'shortbread rounds'