

Shortbread biscuits

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment.

Lots of people have been baking at home during lockdown and biscuits are an all time favourite. The recipe that can be adapted to change it's flavour and shape but the basics are always the same.

3-2-1 Biscuit Recipe: 3 x plain flour; 2 x butter; 1 x sugar

So if you use tbsps then 3 flour, 2 sugar, 1 butter... For more double 6-4-2 or even 9-6-3!

Lots of extras can be added to change the flavour eg lemon or orange zest, dried fruit, coconut... Whatever you like. Once cooked they come out like shortbread plain, or the adventurous there's a zillion toppings that would work. Your written work this week is all about annotation and iteration so do the design work first and see what you can create from the recipe below

Video: <https://www.youtube.com/watch?v=UXM7BkAHuss>

Ingredients

150g plain flour

100g butter (at room temperature)

50g caster sugar, plus extra to finish

(About 1 tablespoon extras eg lemon zest)



Method

1. Preheat the oven to 180°C/Gas 5.

Check with an adult before using the cooker



2. Cut the butter into cubes.

Butter needs to be room temperature



3. Put flour, sugar and butter into a bowl and work together with your fingers until you get a smooth paste.



4. Turn on to a work surface and gently roll out until the paste is 1cm/1/2in thick.

Put a bit of flour on your worktop to stop the dough sticking



5. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.



6. Bake in the oven for 15-20 minutes, or until pale golden-brown, they will still be soft to touch and will set as they cool down. Set aside to cool on a wire rack.

Use oven gloves

