

Simple Shortbread Cookies



Food and mealtimes are important as they bring us together to chat and connect. Food brings with it familiarity, it also allows us to share traditions and cultures. Food preparation teaches us new skills, it sparks conversation about where food comes from and brings much enjoyment. It can also be a calming and relaxing exercise.

We love to cook at home with our friends and family - we especially love to bake! This shortbread recipe encourages everyone to join in.

What you need:

260g all-purpose flour
(plus some extra for dusting)
35g rice flour
225g salted butter
(softened but not melted)
65g icing sugar

Utensils:

Mixing bowls, electric mixer, wooden spoon, spatula, rolling pin, baking paper, baking trays, oven mitt, tea towel, a cooling rack if you have one. Your favourite cookie cutters!

What to do:

Let's prep

+ Pre-heat the oven to 180°C and line a baking tray with baking paper or spray your tray with cooking oil

Get mixing!

+ Combine all-purpose flour and rice flour in a medium sized bowl

+ In a large bowl, use an electric mixer or mix with a spoon to cream butter and sugar until light and fluffy

+ Sift flour mixture into the butter and sugar to combine -you could add choc chips here if you like! ***If you have a mixer try using a dough hook, if not, flex those muscles and mix with a wooden spoon until the dough comes together*

+ Cover the dough in cling wrap and put in the fridge to chill for 15 minutes

Chilled out dough, now what?

See next page for step by step



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Now that the dough is cool, you are a few steps closer to a yummy snack!

Here's what to do next:

- + Dust a clean surface with a bit of flour and roll out dough
- *Make it fairly thin- about 1cm thick
- + Dust cookie cutter with flour to make this a little easier
- + Shape the cookie however you like. Here's your chance to get creative! You could roll them if you prefer but try and get them thin so they cook evenly.
- + Once your cookie is cut, use spatula to lift cookies onto prepared baking tray
- + Repeat until all dough is used up.

Time to bake!

- + Bake in your pre-heated oven for about 15 minutes or until edges are a little brown. Keep a close eye on the cookies checking to see that they are not overcooking as all ovens are different.
- + When your shortbread are looking more golden and smelling delicious, transfer to a wire rack to cool completely
- + Once cool, it's snack time!

Yum yum!



Tip!

You could prepare some icing while you keep an eye on the cookies cooking.

Enjoy your shortbread cookies with icecream as dessert, or as a treat with hot chocolate!