

# MONDAY

## Shortbread Biscuits



### Did you know?

Shortbread has been attributed to Mary, Queen of Scots, who in the mid-16th century was said to be very fond of Petticoat Tails, a thin, crisp, buttery shortbread originally flavoured with caraway seeds.

### Ingredients

- 125g/4oz butter
- 55g/2oz caster sugar, plus extra to finish
- 180g/6oz plain flour

### Preparation

- 1 Heat the oven to 190C/375F/Gas 5.
- 2 Beat the butter and the sugar together until smooth.
- 3 Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm / ½in thick.
- 4 Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
- 5 Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.