



Ada MacDonalDs Shortbread

My Grandmothers Grandmother , Ada, used this recipe to make these wonderfully delicate sweets, Only at Christmas time. Her reasons were economical in nature ,and the primary ingredients were quite dear. It was very versatile as it is an easy recipe to adapt to a variety of tastes .

Pre Heat your oven to 375

You need:

1 cup of Salted Butter (Softened)

2 cups sifted White Flour

1/2 cup Powder or confectioners Sugar

1/2 tsp Baking Powder

1/4 tsp Ground Nutmeg (if you don't like nutmeg use Vanilla)

OPTIONS: 1/4 tsp Crushed Dried Lavender,OR Crushed Dried Rosemary AND 1/4 tsp Lemon Zest, OR 1/4 cup finely Chopped Pecans, Walnuts or Almonds

Tools: Pastry Knife, Sharp Knife, Sifter

Sift together the flour, Sugar, Baking Soda and the Nutmeg into a deep bowl. Cut the butter (with the Pastry Knife) into the flour mixture in 1/4 cup increments until the mixture looks like coarse oatmeal.

Place the bowl in the refrigerator for 15 mins to chill.

It is important that the dough NOT be handled too much, (you don't want a hard cookie) Once the dough has chilled immediately press it together to form a log, then on a cutting board or counter top (no Flour) roll it into a long log about 1.5 inches across. wrap it in plastic wrap and chill for 15 mins.

Slice the log into small cookies about 1/4 inch thick and place them on a parchment covered baking sheet. Bake at 375 for about 7 mins or until the edges turn a light golden brown. Remove from the oven and let them sit for a 2 mins before removing them to a racks to cool. Once cool , line a tin or container with paper towels. and cover tightly in a cool and dry location.

This is an excellent dough for Cut out cookies too...Just roll the dough out to 1/4" Thickness (on a lightly flour dusted surface) after the first chill and cut with your favourite Cookie cutters to make festive shapes

The dough can be frozen in logs for future use, just wrap in Plastic wrap and then packed in ZIP Lock Bags. They can be pre sliced or cut into shapes and frozen on a baking sheet, then transferred to Zip Lock bags for those times you just want a small quick batch for unexpected company.

Enjoy!

Tracy