

Mrs. Kickbush's Shortbread

250 ml butter

190 ml rice flour

440 ml white flour

125 ml icing sugar

3 ml salt

Options:

3 ml maple/walnut/pecan/almond

extract/syrup

Try substituting corn **flour** (not meal) for the rice flour.

Or whole wheat for white wheat flour.

MEASURE butter when it is cold.

In a mediums-sized bowl, ALLOW butter to WARM to room temperature.

PREHEAT oven to 160°C.

SIFT over butter, flours, sugar and salt. (ADD extract/syrups)

CREAM together. CONTINUE until well combined.

KNEAD with your hands for 5 minutes. It *will* all come together to form a nice dough.

DIVIDE dough in ½ and make 2 rolls about 3 cm in diameter.

CHILL at least 2 hours. (can also be frozen for 1 month at this stage, then defrosted in the refrigerator)

SLICE rolls into 6 ml cookies.

PLACE on 2 ungreased pans lined with parchment paper. (the cookies only spread slightly, so can be well within 1 cm from each other)

BAKE at 160°C for 12-18 minutes.

WATCH carefully after 10 minutes. Cookies should hardly golden at all.

COOL on the pan for 5 minutes before transferring.

COOKIES are best when aged for 1 week in an airtight container.

Notes: Makes 48 cookies. Store in an airtight container at room temperature for up to 3 weeks, or freeze for 1 month. Recipe can be doubled, but then knead it for longer.