

Honey Shortbread

...short and sweet!

Ingredients:

45ml (3tbsp) of honey
100g (4oz) of butter
100g (4oz) of plain flour
50g (2oz) of caster sugar
50g (2oz) of ground rice
A smackerel of caster sugar to sprinkle on top

- ▶ Pre-heat your oven to 180 C/350 F/Gas Mark 4 - that means make sure it's hot before you start
 - ▶ Grease two baking sheets with butter.
 - ▶ Mix your butter, caster sugar and honey together in a bowl until it goes nice and fluffy and light.
 - ▶ Stir in your plain flour and ground rice until the mixture goes all sticky and stiff.
 - ▶ (You will need a rolling pin now)
- Sprinkle the work top with flour and place the sticky stiff ball in the middle.
- ▶ Roll it out thinly and then cut out biscuit shapes (you can make all kinds of different shapes).
 - ▶ Place on the baking sheets and then make little holes in the surface of the biscuits using a fork (gently!).
 - ▶ Bake in the oven for about 10-15 minutes (that's a long time to wait!) until they go crunchy and golden brown. (Ask an adult to help when moving food in and out of a hot oven).
 - ▶ Cool on a wire rack and sprinkle with a smackerel of caster sugar.