

Shortbread

Ingredients:

- 150g plain flour
- 100g unsalted butter
- 50g caster sugar
- Pinch of sugar for topping










Skills:

- Weighing and measuring
- Rubbing-in
- Mixing, combining
- Portioning and shaping

Equipment Needed:

- Blue tray
- Safety mat
- Fork
- Timer
- Metal spoon
- Weighing scales
- Rolling pin and rolling guides
- Flour dredger
- Round bladed knife
- Baking tray and baking paper
- Large bowl
- Small bowl
- Sieve
- Wooden triangle
- White chopping board
- Container (to take food home in)

Method and Time Plan:

0	Personal and kitchen hygiene. Collect equipment and ingredients	 10
1	Preheat oven to 180°C	
2	<i>Weigh out the correct amount of flour (into small bowl).</i> Sift the flour into a large bowl <i>Weigh out the correct amount of sugar (into small bowl).</i> Sift the sugar into the flour	 10
3	<i>Weigh out the correct amount of butter.</i> Cut the butter into small pieces and add to the flour	 5
4	Using your fingertips, rub the butter into the flour until a golden mixture. There should be no visible flour or butter left	 10
5	Knead in bowl to form 1 dough ball. Only knead as much as is necessary to create the dough ball	 5
6	Lightly flour the worktop and rolling pin. Roll the dough flat on the worktop until the desired thickness (use rolling guides to help)	 5
7	Cut the shortbread into fingers and place them onto the baking paper and tray. Prick the top of each biscuit with the fork. Lightly sprinkle some sugar on each biscuit.	 10
8	Place tray into the oven. Bake for 10 minutes or until golden	 10
9	Your biscuits will still be soft after leaving the oven. Allow time to cool and harden – clean up whilst you wait	
10	Safely store your finished practical. Wash and tidy up	 10