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May Nightingale's staff and board wish you a Merry Christmas and a Happy, Healthy and Prosperous New Year with this wonderful recipe I borrowed from the Manchester Guardian. Byron in Ottawa

Christmas Shortbread Cookies Recipe

Easy to make shortbread will keep well several weeks, not that they will last that long.

Prep **15 min**

Chill **20 minutes or overnight in fridge**

Cook **30 min-1 hr depending on thickness of biscuits**

Makes **About 24 biscuits**

1 cup or 230 g unsalted butter, at room temperature

110g or half cup sugar (see step 2)

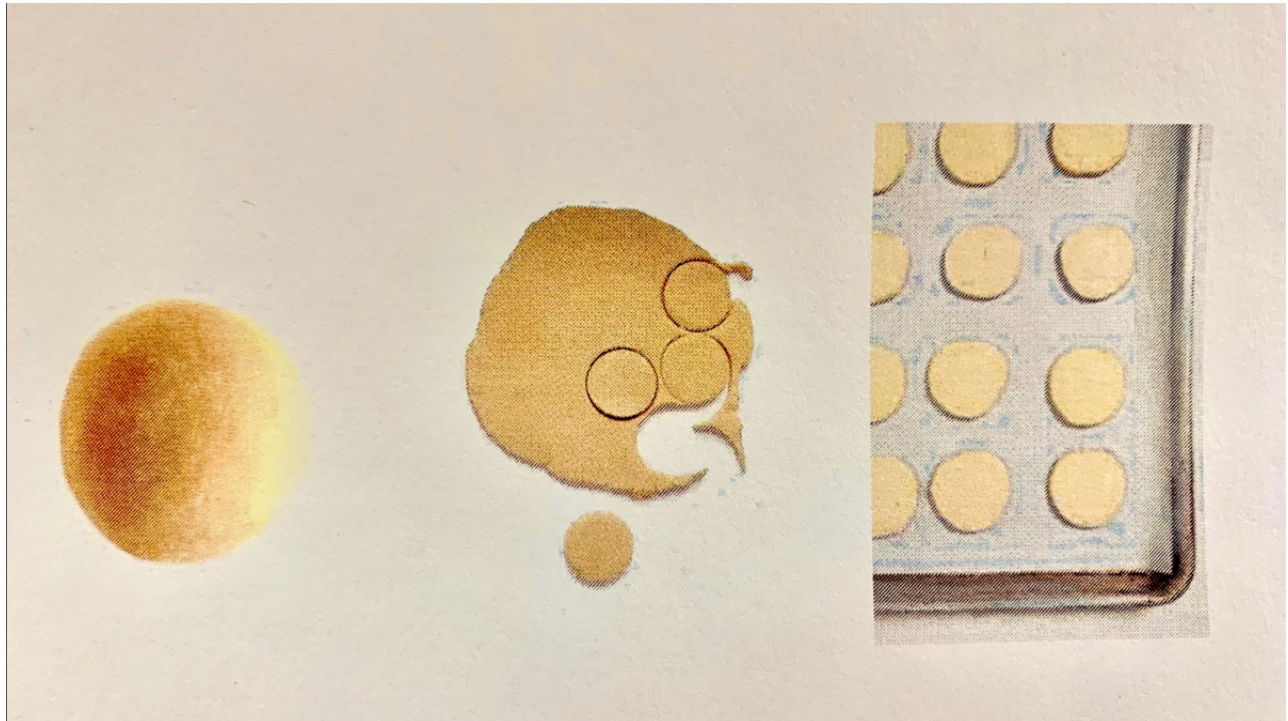
1 pinch salt

260g or 2 cups plain flour

80g or 1/3 cup ground rice (see step 3) (Ground rice gives biscuits their characteristic grittiness.)

Demerara or white sugar, to finish (optional)

1. Leave butter at room temperature for an hour so it is very soft.
2. In a bowl with a wooden spoon beat in the butter with the sugar and salt.
3. Slowly add flour and ground rice into the butter,
4. **Note Re: Ground rice:** mix to a smooth dough.
5. **Note:** You can substitute coarse cornmeal or flour instead.
6. **Roll up the mixed dough into two balls and flatten on a floured surface and pat until it is about 1 cm (1/3 inch) thick.**
7. Cut out the cookies with a glass or shape into a square for making bar shapes.
8. Place into baking trays lined with non-stick parchment paper.
9. Place cookies in fridge for 20 or overnight, so biscuits don't spread when baking.
10. Bake for 30 minutes (don't let them brown) at 170 centigrade/325 Fahrenheit
11. If you are making bars, cut them as soon as you take them out of the oven.
12. Sprinkle with demerara or white sugar immediately and let cool completely.



Byron M. Hyde M.D.

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