

CHRISTMAS SHORTBREAD

250 g (8 oz) butter (if you use organic you'll feel even better)

½ cup caster sugar

4 cups plain flour (ditto organic)

Handful macadamia nuts (optional)

Cream butter until it resembles whipped cream then add sugar gradually, beating until mixture is light and fluffy. Work in flour gradually then knead dough for about 15 minutes or until very smooth. Divide dough into 2 pieces and press into 2 x 20cm (8 inch) flan rings (for shape) standing on baking trays or sandwich tins. With the heel of the hand push dough out until mixture is smooth then finish surface with a palette knife. Remove flan ring and pinch or fork edge. Prick surface with a fork to release steam and make your shortbread crisp. Bake in the centre of a pre heated oven (180°C or 350°F) for 10 minutes then reduce oven to 150°C or 300°F and bake for a further 40 minutes.