



## HOW TO

# Make Mary Queen of Scots shortbread

## Ingredients

### For the shortbread:

- ★ 175g caster sugar
- ★ 280g unsalted butter
- ★ 480g plain flour
- ★ 2 tbsps caraway or fennel seeds
- ★ Pinch of salt

### For the glaze:

- ★ Juice and zest of an orange
- ★ Icing sugar to make a runny paste

- 1** Cream the sugar and the butter together with the caraway seeds and salt.
- 2** Sieve the flour into the mixture and gently work in with your hands until only just mixed like crumbs.
- 3** Use the heel of your hand to push the mixture 1cm deep into a round tin.
- 4** Bake at 150°C for 30-40 mins until a light golden brown. Be careful not to bake for too long.
- 5** Take the shortbread out of the oven and leave to cool.
- 6** Cut into triangles or 'petticoats'.
- 7** Mix the orange juice and zest with enough icing sugar to make a runny paste and brush that onto the cooled shortbread.

**Enjoy!**

A recipe twist by Connie (age 12)



## Top tips

- ★ For the crumbliest, lightest texture, handle and mix as little as possible – and do not knead!
- ★ Flatten it out gently with the heel of your hand ('heeling') and smooth out lightly with a rolling pin.



**Mary Queen of Scots supposedly liked shortbread with caraway seed. She also liked oranges. See if you share her taste in sweet treats!**

