



Edible Flower Shortbread

Season: all year round
From the garden: Lavender, calendula, viola, nasturtium, citrus
Type: Baking
Difficulty: Easy
Country of origin: Scotland
Serves: 20 tastes
Source: Inspired by @that.mountain.mama

Equipment

- *big bowl
- *mixing spoon
- *measuring spoon
- *measuring cup
- *chopping board
- *knife
- *rolling pin
- *cookie cutter
- *baking tray
- *baking paper
- *citrus cester

Ingredients

- *1 1/4 cups plain flour
- *1/4 cup sugar
- *115 g butter
- *2 tsp lemon zest
- *2 tsp orange zest
- *pinch of salt
- *eggwhite or milk for brushing
- *handful of edible flowers

Method

1. preheat oven to 180 degrees

2. wash and dry the flowers
3. cut the butter in small pieces and add to a bowl with the flour
4. rub the butter into the flour until it resembles bread crumbs
5. zest the lemon and orange and add zest to the flour and butter mixture
6. add the sugar and salt and mix
7. tip the mixture onto the bench and knead until you have a smooth dough
8. add a bit of water or milk if too dry
9. roll out the dough until around 1 cm thick
10. cut out cookies with a cookie cutter and brush cookies with egg or milk
11. place a flower on each cookie
12. you can now cover the cookies with baking paper and gently roll over them with the rolling pin to press the flowers into the dough or leave them as they are
13. place them on a baking tray and bake for around 12 min. or until lightly browned

Notes: shortbread can be made with just flour, butter and sugar

Skills: measuring, *mixing*, *rolling the dough*..