ST. ANDREW THE APOSTLE · NOVEMBER 30

St. Andrew's Day shortbread

Prep 15 min **Cook** 38 min **Cool** 30 min **Total** 1 hr 23 min **Makes** 16 fingers or 12 wedges **Level** Easy

ADULT SUPERVISION REQUIRED
Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot.

ALLERGY INFORMATION
Contains wheat (gluten) and milk. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 1 cup (225 g) salted butter, softened (or unsalted butter plus ¼ tsp salt)
- ½ cup (100 g) sugar, plus 1 tbsp for sprinkling
- 2 cups (250 g) all-purpose flour
- ⅓ cup (40 g) cornstarch or rice flour

METHOD

1. Heat the oven to 325°F (160°C). Line an 8-inch (20 cm) square pan or a 9-inch (23 cm) round pan with parchment paper.
2. Beat the butter and ½ cup sugar until smooth and creamy, about 2 minutes.
3. Add the flour and cornstarch and mix on low speed, or with clean hands, just until the dough comes together. It will look crumbly at first.
4. Press the dough evenly into the pan. Score it into 16 fingers (or 12 wedges in a round pan) with a knife, cutting about halfway through. With a fork, prick a small X on each piece for St. Andrew's cross.
5. Chill for 15 minutes while the oven heats, if you have time. Bake 35 to 40 minutes, until pale golden all over and a little darker at the edges.
6. Sprinkle with the remaining sugar and cut along the lines again while it is warm. Let it cool completely in the pan before lifting out the pieces.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Squish the dough together with clean hands
- Press the dough into the pan
- Prick an X, the cross of St. Andrew, on each piece
- Keep count of the St. Andrew prayer through the day

GOOD TO KNOW

- Shortbread keeps for 2 weeks in an airtight tin, so it makes a good Advent gift to share.
- Pray the St. Andrew prayer in three rounds of five, at breakfast, dinner, and bedtime, so 15 times a day feels easy for children.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Andrew, pray for us, and help us bring others to Jesus.