

Pressed flower and herb shortbread cookies

Difficulty: Easy

Type: Sweets

Allergy advice: **Gluten, dairy**

Serves: 24 cookies

Source: Sonia Nista

From the garden: Edible flowers and herbs

Season: Any

Equipment	Ingredients
<ul style="list-style-type: none"> • Stand mixer • Sieve • Measuring cups and spoons • Baking paper • Baking trays • Biscuit cutters 	<ul style="list-style-type: none"> • 250 grams butter • 1/2 cup caster sugar, plus extra for sprinkling at the end • 2 cups plain flour • 1 cup rice flour, plus extra for dusting • Assorted edible flowers and herbs • Pinch of salt

What to do:

1. Preheat the oven to 160 degrees and line 2 baking trays with baking paper.
2. Use the stand mixer to beat the butter and sugar on medium speed, until pale and creamy. While doing this, sift the plain flour and the rice flour in a separate bowl.
3. Gradually add the combined flour and salt to the butter mixture using a ladle or large spoon, beating on low speed, until almost combined.
4. Turn the mixture out onto a lightly floured surface, and gently knead until smooth. Take care not to over-do this, only until the mixture is just combined and smooth.
5. Divide the mixture into 3 or 4 portions and use a rolling pin to roll to a thickness of approximately 1.5-2 centimetres. Try to handle the mixture as little as possible.

6. Use biscuit cutters to cut into desired shapes and place onto baking trays.
7. Brush the cookies with beaten egg white and gently press in the flowers and herbs. Now place the trays of cookies into the fridge to chill for about 10 minutes.
8. Place into pre-heated oven and bake for approximately 10 minutes till lightly coloured (not brown) but still slightly soft.
9. Set aside to cool on wire racks, then sprinkle with sugar and serve.

Notes: For Gluten free, substitute Plain flour for gluten free flour, and for vegan option, substitute butter for Nuttalex and the egg white for maple syrup.

