

Highland Shortbread

Ingredients

8 oz Butter
3.5 oz Caster Sugar
8 oz Plain Flour
4 oz Ground Rice
Demerara Sugar

Method

Cream butter and caster sugar until fluffy
Add flour and ground rice - mix well
Split biscuit dough into two halves
Roll into sausage shape then roll in the demerara sugar
Divide each sausage of biscuit dough into 16 slices
Place shortbread rounds onto two baking trays

Aga: Baking oven shelf 1 for 12 minutes (9 minutes and turn through 180 for a further three) then simmering oven for 45 minutes to crisp

I have found it best to bake the trays one at time in the baking oven but the crisping I do by putting the first tray on the floor of the simmering oven then the second on a gridshelf half way up, the overall time for the tray on the floor being 1 hour, the tray half way up being 45 minutes.

Gas 5 / 375 F / 190 C for approx 15 minutes