

THE LAB

Three things to make and do



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Make Rudolph shortbread

Celebrate the festive season with these tasty Christmas biscuits.

What you need

- 150g plain **flour**, plus extra for dusting
- 100g **butter**, chilled and cubed
- 50g caster sugar
- For decorating:**
- Brown icing pens
- Red sweets (such as **M&M's**)
- Bowl
- Rolling pin
- Round cookie cutter
- Baking sheet
- Baking paper

Instructions

- 1** Preheat your oven to 170°C/150°C fan/gas 3. Mix your flour, butter and sugar in a bowl. Now, crumble them with your hands until the mixture looks like breadcrumbs. Then squeeze it together until it forms a dough.
- 2** On a floured surface, roll out your dough until it is about ½cm thick. Use round cookie cutters to cut out as many circles as you can. Gather the spare pieces of dough, roll it out again and repeat until you have used up all the mixture.
- 3** Place the circles of dough on a baking sheet lined with baking paper, and pop them in the fridge for 20 minutes.
- 4** Bake in the oven for 15–20 minutes until your biscuits are golden brown. Take them out and leave to cool. Now it's time to decorate them.
- 5** Draw antlers and eyes with the brown icing pens. Then, stick on a red sweet for the nose, using the brown icing to attach it. You can store the biscuits for up to three days in an airtight container.



Allergy warning! Ingredients in **bold** are allergens (substances that may cause allergic reactions). Learn more at tinyurl.com/SN-allergy

How does it work?

This mixture is known as shortbread. Because it only uses three ingredients it's a great way to experiment in the kitchen. The flour forms the bulk of the biscuit, while the sugar adds sweetness. Finally, the butter makes the shortbread soft and crumbly. Butter is the magic ingredient that binds these biscuits together. It is about 80% fat with 20% water. The moisture helps bring the other ingredients together to form a dough. It also allows the starch in the flour to gelatinize (turn into a jelly-like substance), and finally harden into a biscuit when baked.

