

The Essential Shortbread Recipe

From the King Arthur Cookie Cookbook

AhealthyU Cooking Demonstration with Stacey Marien and Sean Casey on September 2, 2020

Ingredients

- 1 cup (2 sticks) unsalted butter
- 1 teaspoon salt
- 3/4 cup (5 1/4 ounces) sugar
- 1 teaspoon vanilla extract
- 2 1/3 (10 ounces) unbleached all-purpose flour

Tools

- Two 9-inch round cake pans
- Cooking spray or oil (for greasing cake pans)
- Hand mixer or Kitchen Aid mixer
- Medium sized bowl
- Fork (optional)
- Pizza wheel, baker's bench knife or sharp knife

Directions

Preheat oven to 300 degrees. Lightly grease two 9-inch round cake pans.

In a medium sized bowl, cream together butter, salt, sugar, and vanilla, then beat in the flour. The dough will be stiff. Divide the dough in half (each half will weigh about 12 ounces). Press into prepared pan and smooth out with fingers. You can prick the dough with a fork if desired.

Bake for 35-40 min until golden brown around the edges. Remove from the oven and loosen the edges with a knife. Wait 5 minutes, then turn the shortbread onto a plate, and put on work surface.

Using a pizza wheel, baker's bench knife or sharp knife, cut each round into 12 wedges. Do this while the cookie is still warm, otherwise, it will be more difficult to cut.

Enjoy!