

The Kitchen Garden

Take your home grown produce from garden to table!

Lavender Avonview Shortbread

Fresh lavender flowers are the basic ingredient in this fragrant shortbread recipe.

Ingredients:

- 250g reduced salt butter
- 500g plain flour
- 120g castor sugar
- 2 tablespoons of finely diced lavender flowers (discard stalks)
- Icing sugar for dusting

Method:

Cream together butter and castor sugar until light and fluffy. Gradually add flour and mix in well. Sprinkle diced lavender flowers and mix until evenly distributed. Form dough into a ball and wrap with plastic or place in airtight container in fridge for 1 hour before rolling. Turn dough out onto a lightly floured bench. Roll dough out, leaving it 7mm-1cm thick and then cut into preferred shapes. Place biscuits on baking tray lined with baking paper. Bake in a pre-heated oven at 160 C for about 18-20 minutes or until golden brown. When biscuits have cooled, dust lightly with icing sugar. These biscuits are lovely for dipping in tea or coffee.



Lavender



Lavender Flower