

Maize shortbread

110 gr plain (all purpose) flour (3.9 oz)

80 gr fine maize meal (2.8 oz.)

1 1/2 teaspoon baking powder

1 pinch of salt

90 gr unsalted butter, at room temperature (3.2 oz.)

50 gr caster sugar (1.8 oz.)

1 medium egg yolk

1 teaspoon pure vanilla extract

- Pour flour, maize meal, baking powder and salt in a bowl; whisk together until mixed, then set aside.
- Using an electric mixer or a wooden spoon, beat the butter with the sugar until light and fluffy.
- Add the egg yolk and vanilla extract, and mix until fully incorporated.
- Using a spatula, mix in the flour in 3 times, until the mix resemble coarse crumbs.
- Pour the mix over a sheet of cling film and quickly compact the dough, using the cling film as a kneading aid (see video).
- Cover the dough with another piece of cling film, flatten into a disk and chill for 1 hour in the fridge.
- Preheat the oven to 180° C (355° F).
- Roll the dough 1/2 cm thick (1/4 inch) and using a pastry cutter cut the biscuits. Gather all the dough scraps together, compact them again, then roll the dough and cut more biscuits.
- Place all the biscuits on a baking tray lined with parchment paper and bake for about 15 minutes, until the biscuits are slightly golden at the edges.
- Let the biscuits cool on the tray for a few minutes, then transfer on to a rack and let cool completely.
- Store in a tin box for about 10 days.

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