

Helen's Shortbread

Ingredients:

- 2 1/4 c. unbleached white flour
- 1/4 teaspoon baking powder
- 1 cup (2 sticks) cold, grated or cut into small cubes
- 1/2 cup sugar
- 1 tablespoon vanilla extract

Preparation:

1. Combine flour, baking powder and sugar. Stir to combine.
2. Put grated or cubed butter in the flour mixture and quickly toss with your hands to coat the butter. Or add the flour into the bowl of a food processor, then the butter, and pulse until it looks like oatmeal.
3. Add vanilla.
4. Mix until it comes together into a ball. In a food processor, you can pulse, pulse, pulse. If you're doing it by hand mix, mix, mix until it forms into a cohesive ball.
5. Once you have a ball of dough, you can shape it into 1" balls or pat it into a disk to chill. It has to chill. Like we all do. Especially these days.
6. Remove dough from fridge. Preheat oven to 325. °
7. When dough has warmed enough to manipulate, roll into 1" balls or roll into a slab about 1/4" thick. Cut into squares, diamonds or circles. If you pre-rolled balls, just place them on the sheet and bake for an extra 2-3 minutes until golden.
8. Place on parchment paper or ungreased cookie sheet about 1 1/2" inches apart.
9. Bake 8-12 minutes until golden.
10. Cool before eating.