

Earl Grey Shortbread

Ingredients:

1/4 cup Organic Earl Grey Loose Tea *
1 1/4 cup Butter
2 tbsp Orange Zest
1 1/2 cups Gluten-Free Blended Flour)
3/4 cup Icing Sugar

* The Denman Island Tea Company Cream Earl Grey is one of my favourites for this recipe.

* I find the Namaste Foods Gluten Free Perfect Flour Blend works so well.

Prep Time:

Several hours

Cook Time:

10 to 12 minutes

Total Time:

Allow half a day



Directions:

1. Place tea in a bullet or coffee grinder and blend the tea leaves so they are a finer texture.
2. Mix the tea, butter and orange zest. Let this sit for 6 to 8 hours.
3. Mix all ingredients together with a good quality mixer.
4. Using gluten-free flour, take small handfuls of batter and knead the batter until it is no longer sticky.
5. Roll batter on a floured surface. Cut your cookies with your favourite cookie cutters.
6. Place the cut out cookies on a prepared baking sheet and bake at 350 for 10 to 12 minutes. The shortbread should be a light golden colour.
7. Once cookies are golden brown, remove from oven and cool on rack.
8. I like to keep my cookies in the freezer. This recipe makes 2 to 3 dozen cookies, dependent on the size of your cookies.