



Camperdown's Loaf and Lounge Proud Sponsor of
THE SHORTBREAD BAKING COMPETITION

The 2021 Robert Burns Scottish Festival has an All Ages Shortbread Baking Competition open to anyone wanting to put their best Shortbread baking skills to the test.

It is simple, bake some Shortbread and Enter with 3 pieces on a paper plate in a plastic bag. Please select from the classes below and tick ✓ the relevant box/ boxes.

The Judging will take place on Saturday 3rd July. Winners will be posted in the Court House, and announced on Saturday at the Library.

To enter: Please tick the boxes below

Name:

Please tick ✓

Traditional Shortbread

Fancy Shortbread

Primary School Age

Secondary School Age

Open

Phone Number:

Entries can be dropped off @ the Killara Centre on Friday the 2nd July or at the Camperdown Library by 11.00 am for 11.30 am Judging

Use your own Shortbread Recipe or see the Shortbread recipe on the back page.

ABOUT SCOTTISH SHORTBREAD

Originally the butter-shortbread variety was expensive and most people only got to taste it on special occasions.

These included weddings, Christmas, Hogmanay (New Year's Eve), Burn's Supper (a celebration in honour of Scotland's famous poet Robert 'Rabbie' Burns, January 25th each year) and other 'high days and holidays'.

SCOTTISH SHORTBREAD RECIPE

125g Butter	50g caster sugar
175g plain flour	1 tablespoon milk

1. Turn the oven on to 180c and place a sheet of greaseproof paper on a baking tray.
2. Mix together butter and sugar.
3. Sieve in the flour and add the milk a little at a time until you make a dough.
4. Wrap the dough in plastic wrap and place it in the fridge for 30 minutes, this makes the dough easier to roll out.
5. Roll out the dough on a lightly floured surface until it is 1cm thick.
6. Cut into shapes you would like as biscuits and place on baking tray.
7. Using a fork prick all the biscuits and place in oven for 15 minutes or until lightly golden brown. Allow to cool before eating.

DID YOU KNOW?

A traditional Scottish shortbread recipe makes the most mouth-watering biscuit.

But over the centuries use has changed quite a bit and if a 12th century Scot was to get a taste of modern-day shortbread, he might get quite a surprise!

Today's recipes use butter and flour to produce that exquisite, melt-in-your-mouth texture and flavour.

The first shortbread was made from remnants of bread dough (hence the bread part in the name) and contained oatmeal and yeast. It was then sprinkled with sugar and baked slowly in a cool oven.

This produced a very hard, dry biscuit-bread. A handy, portable snack which didn't spoil quickly.

Try putting a piece of today's shortbread in your pocket and see what happens.

Shortbread has several rituals and traditions associated with it.

Historically this tasty treat played a part in welcoming new brides in the Shetland and Orkney Isles to their marital homes...

...as the bride and groom crossed the threshold a decorated shortbread (called the 'Bride's Bonn) was broken over their heads!

It is also still one of the foods offered to 'first-footers' (those going door to door on Hogmanay to welcome in the New Year)