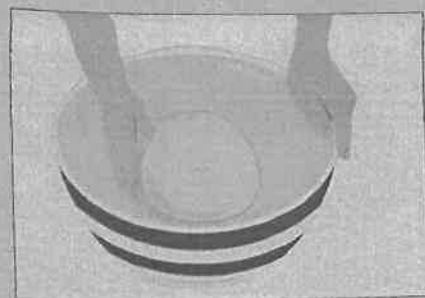




4. Rub the pieces of butter between your fingertips. Lift the mixture and let it fall back into the bowl as you rub.

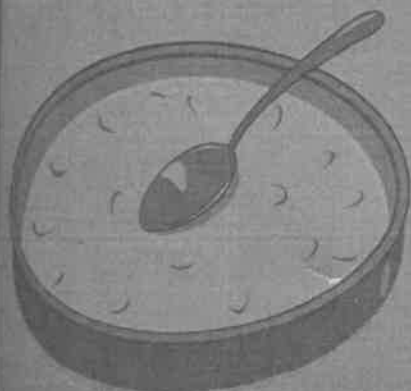


5. Carry on rubbing in the butter until the mixture looks like breadcrumbs. Stir in the caster sugar with a wooden spoon.

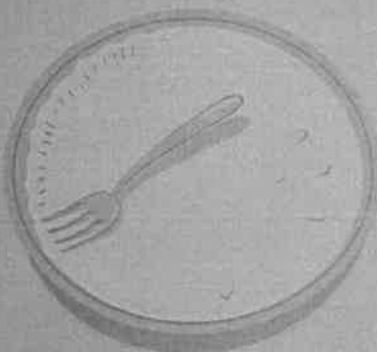


6. Holding the bowl in one hand, squeeze the mixture into a ball. The heat from your hand will make the mixture stick together.

Cut across it again, before lifting it out.



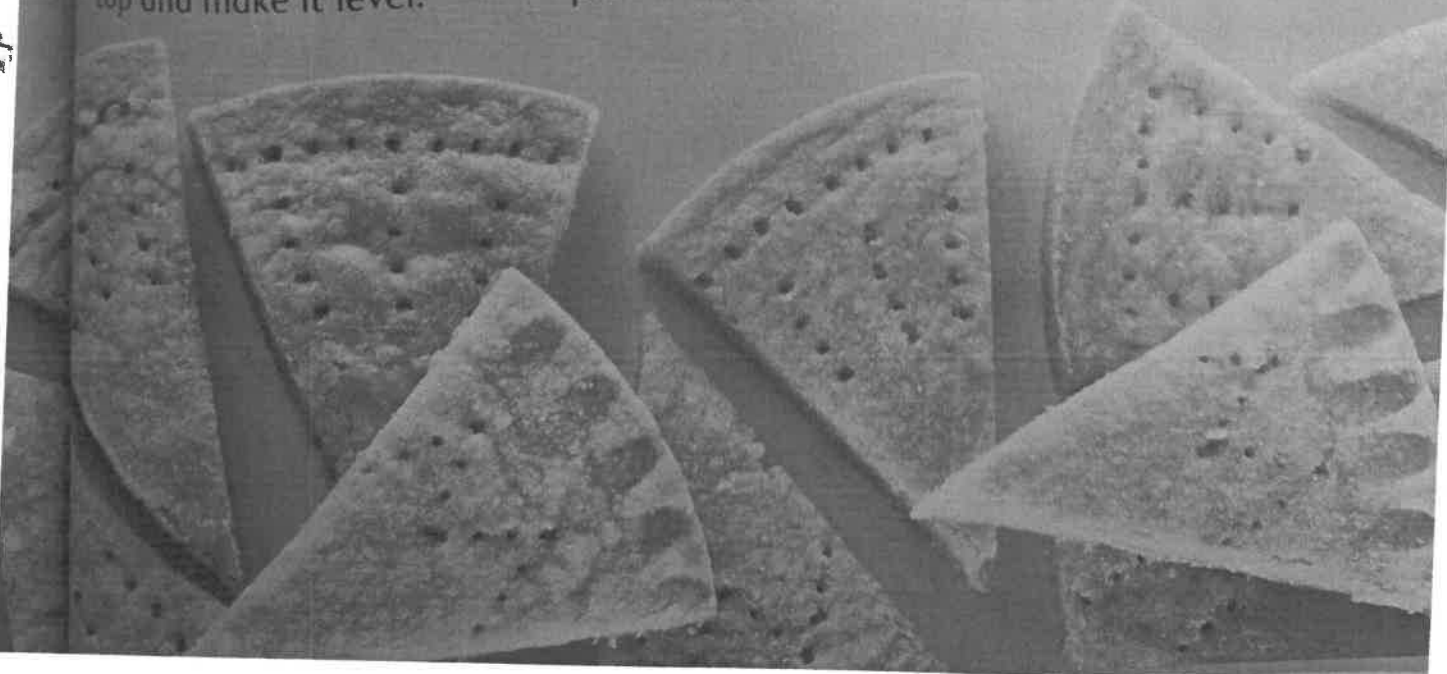
7. Press the mixture into the tin with your fingers, then use the back of a spoon to press down the top and make it level.



8. Use the prongs of a fork to press a pattern around the edge. Then, cut the mixture into eight equal pieces with a blunt knife.



9. Bake it for 30 minutes, until it becomes golden. Leave the shortbread for five minutes before putting it on a wire rack.




Sam's shortbread

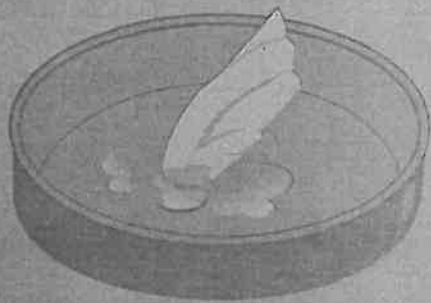
Makes eight pieces

150g (5oz) plain flour
25g (1oz) ground rice or rice flour
100g (4oz) butter, refrigerated
50g (2oz) caster sugar

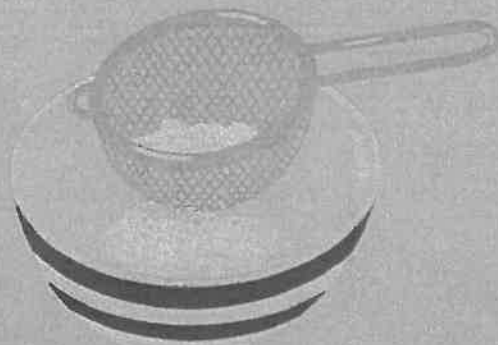
a 20cm (8in) shallow round tin

Heat your oven to 170°C, 325°F,
gas mark 3.

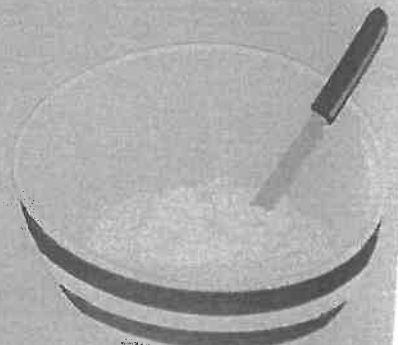
 Storage: keep in an airtight container and eat within five days.



1. Turn on your oven to heat it up. Dip a paper towel into some butter, then rub it over the inside of the tin.



2. Put a sieve over a large mixing bowl and pour the flour and ground rice, or rice flour, into it. Shake them into the bowl.



3. Cut the butter into small pieces and put them into the bowl. Mix the pieces with a blunt knife to coat them with flour.

