

Edible flower shortbread cookies

Recipe: Kelsey Siemens, www.the-farmersdaughter.com

ingredients

¼ cup (50 g) granulated sugar
¼ cup (50 g) packed brown sugar
1 cup (227 g) salted butter, room temperature
2 ⅓ cups (292 g) all purpose flour
½ tsp rosewater (or use 1 tsp vanilla if preferred)
Coarse or granulated sugar

Small edible flowers and herbs (violas, mini dianthus, cherry blossoms, violets, lilacs, mint, chamomile, thyme, pansy, rose petals, calendula, etc)



Note: When sourcing edible flowers always make sure you 100% confirm the type of flower you're using! You may find edible flowers at your local florist, some grocery stores (Whole Foods often has an edible flower blend), or online. You may also want to grow your own, and have edible flowers all season long! Some flowers will add a flavor to the cookies (for example, dianthus tastes like mild cloves, and herbs will bring a strong flavor), while others mostly add beauty.

to make the cookies

1. Preheat the oven to 325 degrees F. Line a large baking sheet with parchment paper or a silicone baking mat, and set aside.
2. In the bowl of a stand mixer fitted with a paddle attachment, mix together the granulated sugar, brown sugar, butter and rosewater (or vanilla extract if using). Mix on medium speed until light and fluffy, about 2-3 minutes.
3. Add in the flour and mix on medium speed until completely incorporated, and the dough begins forming a ball. It may still look a bit crumbly here, and that's fine!
4. Remove the dough from the bowl, and use your hands to form into a round disc about 2 inches thick. Dust the work surface and the dough lightly with flour, and use a rolling pin to roll out to about ¼ inch thick.

5. Use a 2.5-inch round cookie cutter to cut out cookies, or simply use a knife to cut into squares. (Note: If the dough is too sticky to roll out, the butter may have gotten a bit too warm, simply chill for 15 minutes in the fridge and try again. Resist the urge to add too much more flour).

6. Transfer the cookies to the lined baking sheet, gather the scraps of cookie dough that were left over, and re-roll to cut out more cookies. Sprinkle the tops of cookies with a bit of coarse or granulated sugar for a little extra something, if desired. Gently press edible flowers into each cookie. It's best if the petals stick to the cookie, as they'll be less likely to go brown in the oven. You can use a tiny bit of water brushed on the cookie to help them stick. (Alternatively, you may press the flowers into the baked cookies immediately after removing from the oven for a fresher, brighter look!)

7. Bake at 325 degrees F for 15-17 minutes, or until edges are lightly browned. Allow to cool for 5 minutes before transferring to a cooling rack. Serve immediately, or store in an airtight container.

Shortbread will last about a week at room temperature, but I recommend freezing it right away to keep it at its freshest. It will last about 3 months in the freezer. Simply thaw and serve.

tips:

- *I always find it better to slightly over bake shortbread rather than under bake it, to ensure you get that melt in your mouth texture. So when in doubt, leave them in the oven for an extra minute or two.*
- *Dough too crumbly? The flour may have been overmeasured, so you can add a teaspoon more butter, smear it over the dough, and gently fold in with your hands.*
- *Dough seem too wet or sticky? Simply chill it in the fridge for 15 minutes at a time and try again. Repeat if necessary.*
- *Flowers brown a lot in the oven? They may not have been pressed into the dough enough (this action protects them a bit from the heat), or your oven temp may have been a touch too high. Certain flowers brown more than others.*