

Lemon Myrtle and White Kunzea Butter Shortbread

Makes: 25 biscuits

TASTE OF NAIDOC WEEK FACT

To acknowledge and celebrate NAIDOC Week, we have created a delicious butter shortbread recipe that incorporates the native ingredients lemon myrtle and white kunzea.

Lemon Myrtle is a shrub that grows in the wetter coastal areas of NSW and southern QLD. Its leaves have a delicious lemon aroma and flavour, and Indigenous Australians use them as both food and medicine.

White Kunzea is a tall, spreading shrub native to eastern Australia. Its leaves have a strong, aromatic scent and flavour similar to eucalyptus and citrus.

Indigenous Australians also use white Kunzea for food and medicinal purposes.



INGREDIENTS

- 250 gm Unsalted Butter - warm to room temperature and cut into 2cm dice.
- 80 gm Caster Sugar
- 20 ml Cold Water
- 290 gm Plain Flour - sieve.
- 85 gm Rice Flour
- 2 tsp White Kunzea Powder
- 1 1/2 tsp Lemon Myrtle Powder
- As Required - Canola Spray Oil
- As Required - Baking Paper

METHOD

1. Pre-heat an oven to a moderate temperature- 160°C.
2. In the bowl of a food mixer, add the butter and caster sugar. Using a balloon whisk, beat until pale, light and creamy.
3. Add the water, then mix until just combined. Set to one side.

4. In a suitably sized mixing bowl, add the plain flour, rice flour, white kunzea and lemon myrtle powder, then mix until combined.
5. Add the flour mixture to the butter mixture and fold the 2 together using a spatula until all the ingredients form a dough. Wrap the dough in cling wrap and place it in the refrigerator for 10 minutes to allow it to firm up.
6. Lightly oil and line with baking paper, the required number of baking trays.
7. Remove the dough from the refrigerator and roll into 2 cm diameter balls. Place the balls on the prepared trays, leaving 4 cm between each one, then slightly flatten each ball to a 1/2 cm height. Place the tray/s into the oven and bake for 15 minutes or until the shortbread is cooked through, firm to touch and golden in colour. Remove from the oven, allow to cool for 10 minutes, then place the shortbread onto a cooling rack and cool to room temperature.

TO SERVE

Arrange the lemon myrtle and kunzea butter shortbread on a board or platter before serving.
