

# FOOD ~ WITHOUT RESERVATIONS

*A not-too-sweet year-round treat . . .*

## Orange Shortbread



**Chef Ken Trickilo**  
Napa Valley Grille  
1146 Garden State Plaza  
Paramus, 07652  
(201) 845-5555

Shortbread originated in Scotland, with recipes dating back to Elizabethan times. Historical versions of these recipes included finely ground oats, traditionally a staple food of the poorer classes and a readily available base. Today, shortbread is made with sifted all-purpose flour. Its name derives from the characteristic crumbly consistency—the word short also means easily crumbled. This treat was traditionally eaten at Hogmanay, or Scottish New Year's Eve, but is now a mainstream, year-round sweet.

At the Napa Valley Grille this buttery treat is a popular choice when customers feel like an after dinner complement that is not heavy on sweetness. The combination of orange with the traditional shortbread recipe creates a dessert that falls between sweet and savory. At home, you can serve it after a meal or have on hand for an afternoon snack in place of cookies or candy. Cooks can also revive the lost art of afternoon tea by serving alongside a pot of Earl Grey.



### TIPS:

- To facilitate blending, let butter fully come to room temperature before mixing.
- For a more decorative top, grate some orange zest and sprinkle on top after baking.
- Butter provides much of the flavor for shortbread; if you have access to an artisanal dairy supplier, you will taste the difference in this recipe.

### Orange Shortbread

Serves 6-8

#### Ingredients

2/3 cup unsalted sweet butter, at room temperature  
1/2 cup sugar  
1 3/4 cup all-purpose flour  
3/4 tsp. baking powder

1/4 tsp. salt  
1/4 tsp. orange oil or orange extract

#### Preparation

Heat oven to 325°F. Grease a shallow 8-inch round cake pan. Beat butter and sugar in mixing bowl until light and fluffy. Sift flour, baking powder and salt over butter mixture.

Mix just until combined. Stir in orange oil. Do not overmix.

Press the dough into prepared pan. Prick all over with fork and score into 8 equal wedges.

Bake about 40 to 45 minutes or until golden brown and center is set. Leave in pan until cool to touch. Unmold and re-cut the wedges while still warm.