



# Calendula & Thyme Shortbread Cookies

SERVES: 18 Cookies  
CALORIES: 189per cookie

## INGREDIENTS:

- 196g unsalted butter softened
- $\frac{3}{4}$  cup sugar
- 1 egg yolk
- 2 tbsp lemon juice, optional, but use 2 more tbsp. butter in its place
- 1 tbsp lemon zest
- 1  $\frac{1}{2}$  cups all-purpose flour
- $\frac{1}{5}$  cup arrowroot powder or corn-starch
- 3-4 tbsp minced fresh calendula flower petals
- 1 tbsp minced fresh thyme
- Pinch salt



## METHOD:

1. Cream together the butter and sugar, then add the egg yolk, lemon juice and lemon zest (if using) and stir to combine. Then add the flour, arrowroot, calendula, thyme and salt
2. Gently stir everything together until the dough barely holds together. It will seem a bit floury, but that's ok
3. Take the dough out of the bowl and form it into a log shape
4. Wrap it tightly with parchment paper, twisting the ends to help hold it all together
5. Put in the fridge or freezer for about 30 minutes, or until firm. You can store the dough for several days in the fridge, or for several weeks in the freezer, if need be
6. When ready to cook, preheat the oven to 150°. Slice the log into  $\frac{1}{4}$  inch rounds



7. Put them on a parchment lined baking sheet, about an inch or so apart. They don't really spread much
8. Bake for 25-30 minutes. Check them closely after 25 minutes, as they will start to brown pretty quickly.
9. Take them out when only the edges just barely start to turn golden. The centres will still be fairly soft. Let them cool on the baking sheet for several minutes before transferring them to a cooling rack. They will firm as they cool