



Aniseed Shortbread

READY IN



45 min.

SERVINGS



16

CALORIES



1106 kcal

DESSERT

Ingredients

- 0.5 cup powdered sugar
- 0.7 cup cornstarch
- 0.5 cup flour all-purpose
- 8 inch round cake
- 9 tablespoons butter unsalted soft

Equipment

- food processor
- frying pan

- baking paper
- oven
- wire rack
- springform pan

Directions

- Preheat the oven to 325°F, and get out your springform pan. Line the base with parchment paper.
- Put the flour, cornstarch, confectioners' sugar, and butter in a food processor and blitz till combined and just clumping into a pale dough.
- Remove the lid, add the aniseeds, then put the lid back on and pulse until the aromatic seeds are well mixed in.
- Tip the mixture into the prepared pan and press it out smoothly and patiently until you have an even layer at the bottom of the pan. (Yes, I do know that the aniseeds are indistinguishable from mouse droppings, but I really don't know what can profitably be said on the matter; so ignore it.)
- Put it in the oven and bake for 20–25 minutes, until the shortbread is cooked through, slightly gold at the edges but still pale on top.
- Remove to a wire rack, and if you want that familiar dotted-patterned shortbread look, gently use the tines of a fork to dimple the surface straight after it comes out of the oven (taking care—the pan is hot); then leave it in the pan for 10 minutes before cutting into 16 slender wedges, still in its pan. Cool for another 20–30 minutes, before lifting out the base of the pan and gently transferring the shortbread wedges to a wire rack or plate.
- Serve cool, or eat as warm as you like.

Nutrition Facts



PROTEIN 6.91% **FAT 12.81%** **CARBS 80.28%**

Properties

Glycemic Index:4.69, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:22.579999923706%

Nutrients (% of daily need)

Calories: 1106.09kcal (55.3%), Fat: 15.74g (24.22%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 222.05g (74.02%), Net Carbohydrates: 220.17g (80.06%), Sugar: 130.3g (144.78%), Cholesterol: 368.83mg (122.94%), Sodium: 2150.85mg (93.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.23%), Vitamin B1: 0.87mg (57.96%), Vitamin B2: 0.95mg (55.93%), Iron: 9.59mg (53.3%), Phosphorus: 479.45mg (47.95%), Selenium: 32.97µg (47.1%), Folate: 169.53µg (42.38%), Manganese: 0.75mg (37.72%), Vitamin B3: 6.89mg (34.46%), Calcium: 244.12mg (24.41%), Vitamin B5: 1.67mg (16.75%), Vitamin A: 728.1IU (14.56%), Vitamin B12: 0.84µg (14.02%), Zinc: 1.8mg (11.98%), Copper: 0.22mg (11.19%), Potassium: 347.85mg (9.94%), Magnesium: 39.13mg (9.78%), Vitamin B6: 0.18mg (9.07%), Fiber: 1.88g (7.51%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.81µg (5.39%), Vitamin K: 1.25µg (1.19%)