



1970'S

Whipped Shortbread





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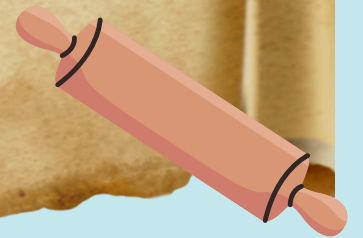
INGREDIENTS:

1 cup of butter

1/2 cup of icing sugar

1 1/2 cups flour

Powdered sugar & maraschino
cherries to decorate



INSTRUCTIONS:

Preheat oven to 350F (180C). Cream butter and icing sugar. Add flour. Beat for 10 minutes. If you want shapes, roll out and cut with cookie cutter. If not, you can place a small spoonful on the baking sheet. Top with cherry. Bake for 12 minutes. Dust cookies with powdered sugar before serving. Don't forget to add your own charm and decorations to your winter table.

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FUN FACTS!



- The "whipped" aspect of the shortbread refers to the method of incorporating air into the dough to give the cookie a lighter and more delicate texture compared to traditional shortbread.
- Shortbread has roots in Scotland, since at least the 16th century.
- Whipped shortbread became popular in Canada in the 1970's, often passed between neighbors, church groups, and community cookbooks.
- Many Canadian families associate whipped shortbread with winter baking trays, not just holidays.
- Early shortbread was considered a luxury treat, as butter and sugar were expensive ingredients.
- Whipped shortbread is often described as melting rather than crunching, which makes it a great sensory experience. Slow, mindful taste activates pleasure and relaxation pathways, shifting the body out of stress mode.
- Butter-based cookies like shortbread were ideal for winter because butter was more readily available and stored well in cold climates.
- The iconic glacé cherry on top became a Canadian hallmark, adding color, sweetness, and a visual cue that the cookies were "special."

