

# Wrap up easy to make shortbread for holiday gifts

Olywpe McQueen baked her shortbread in a spongecake tin which measured about 6 1/2 inches across. It can also be baked on a cookie sheet or cut into shapes using a cookie cutter.

Ackroyd's at 2556 Six Mile Road in Redford, and 300 Hamilton Row in Birmingham, have freshly baked shortbread year round. For a different taste, try Baker's Rock, a Dutch shortbread with an apricot filling by Chella's Dutch Delicacies of Lake Oswego, Oregon. It can be

found at Jacobson's in Dearborn and Birmingham.

See related story on Taste front.

**OLYWPE MCQUEEN'S SHORTBREAD**

- 8 tablespoons sweet butter, softened
- 1/4 cup superfine sugar
- 1/2 cup rice flour (available in health food and Oriental food shops)
- 1 1/4 cups flour
- pinch of salt

Cream together the butter and

sugar. Mix together flour, salt and rice flour, the gradually blend into creamed butter mixture.

Gather dough and shape into a circle. Wrap the wax paper and refrigerate 2 hours.

Pat dough into a 6 inch cake pan, allowing dough to remain 1/4 inch thick. Pinch or crimp the edges then prick the dough using the tines of a fork. Score the dough with a knife into even wedges, 1/4 inch deep.

Bake the shortbread in a preheated 300-325 degree oven for 20-30

minutes until the shortbread is faint in color.

Allow to cool on a rack. To serve, break into wedges. Make one shortbread.

**MY FAVORITE SHORTBREAD**

An adapted version of Shortbread Hearts from "The Silver Palate Cookbook," Rossa & Lukins, 1979, Workman Publishing.

- 1 1/2 cups sweet butter, softened

- 1 cup confectioners' sugar
- 3 cups flour
- pinch of salt
- 1 teaspoon orange blossom water (available in Middle East food shops and all Crabtree & Evelyn shops) or 1/4 teaspoon vanilla

Cream the butter and confectioners' sugar together by hand or with an electric mixer. Mix together flour and salt and blend into creamed butter. Add orange blossom water and blend thoroughly.

Gather dough and shape into a circle or oval. Wrap in wax paper and chill 2-4 hours.

Roll out dough on a lightly floured board, 1/4 inch thick. Cut out cookies with a metal cookie cutter or fit into individual buttered mini-quiche or tart pans with removable bottoms. Refrigerate 30-45 minutes before baking in a preheated 325 oven.

Bake for 20-25 minutes until very lightly browned. Cool on a rack. Makes 20 cookies or eight 4-inch x 1 1/4 inch circles.

# Family favorite fruitcakes appeal to different tastes

See Larry Janes' taste buds column on Taste front.

Mama's fruitcake, soaked to perfect moistness with cheap brandy, proved a favorite of the adult holiday revelers. Aunt Phyllis' minimal fruit, but overly nutty holiday cakes, were more highly regarded by the younger set.

**THE BEST FRUITCAKE**

- 1 pound blanched almonds
- 1/2 pound pecans
- 1/2 pound walnuts
- 1/2 pound lemon peel
- 1/2 pound shredded citron
- 1/2 pound orange peel
- 1 cup candied pineapple

1 pound candied cherries  
2 pounds seedless raisins  
1 pound dried figs  
1 pound pitted dates  
1 pound currants  
1 shot glass brandy  
1 shot glass rum  
4 teaspoons cinnamon  
1/2 teaspoon allspice  
2 teaspoons nutmeg  
1 teaspoon ground cloves  
1 pound butter  
1 cup molasses

12 eggs  
1 pound flour (3 3/4 cups)  
2 teaspoons salt

Chop nuts and fruits. Add brandy,

jam, spices, mix well. Cream butter, add sugar, molasses and beaten eggs. Mix thoroughly. Add flour and salt and mix to batter consistency.

Pour over fruit mixture and combine the two. A little more flour may be needed or a little more brandy.

What though there is should be stiff, not runny.

Grease pans, line with paper, re-

grease and bake at 275 degrees for 2-3 hours or until a toothpick in the center comes out clean.

**AUNT PHYLLIS' NUTTY FRUITCAKE**

- 4 cups flour
- 1 1/2 cups pecans or hickory nuts, chopped
- 1 cup blanched, silvered almonds

- 1/2 cup chopped filberts or hazelnuts
- 1 1/2 cups chopped dried fruit
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup butter
- 2 cups sugar
- 5 eggs
- 1 teaspoon vanilla

Preheat oven to 350 degrees. Prepare pans. Set aside. Mix 1/2 cup of

the flour with fruit and nuts. Toss to coat. Combine remaining flour with baking powder and salt and sift. Set aside. Cream butter with the sugar. Beat in eggs, one at a time, then add vanilla. Stir the flour mixture into the egg mixture. Continue beating until thoroughly mixed. Fold in flour and nuts. Bake for 1 hour at 350 degrees.

# Tips on packaging holiday treats to mail

"Now is the time to start preparing, packing, and mailing homemade goodies," said Sylvia Treitman, home economist for the Oakland County Cooperative Extension service.

Most bar cookies and quick breads travel well, said Treitman. Select foods that do not require refrigeration. Package cookies quickly after baking and thorough cooking. Wrap two cookies back to back in plastic

wrap or foil wrap all foods in plastic wrap before putting in a box.

Bake breads and cakes in foil pans, remove while cooling, slip back in pan for mailing. Use air popped pop corn, dry cereal or marshmallows as a filler to avoid breakage - cushion outer areas with tissue or newspaper.

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