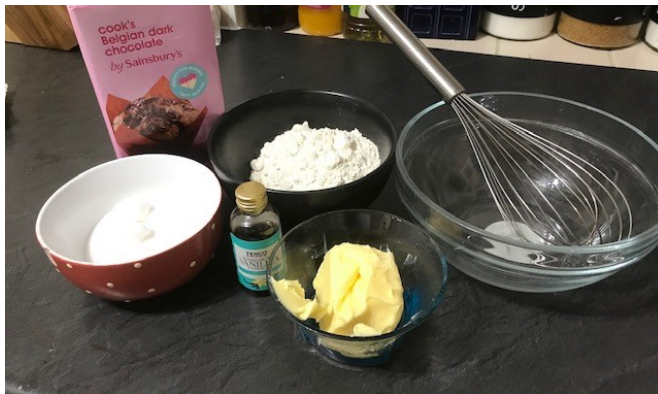


## NUTRITION: Lazza's Kitchen Chocolate Shortbread Fingers

**Another New Recipe from Lazza's Kitchen.  
Today he makes his first ever Chocolate Shortbread Fingers**

**Shortbread originated in Scotland. Although it was prepared during much of the 12th century, and probably benefited from cultural exchange with French pastry chefs during the "Auld Alliance" between France and Scotland, the refinement of shortbread is popularly credited to Mary, Queen of Scots in the 16th century.**



125g Salted Butter  
50g Caster Sugar  
180g Plain Flour  
100g Dark Chocolate  
Zest from one orange  
Vanilla Essence

Naturally if you want to make quite a few biscuits, just up the amounts above

- Put the butter and sugar into a bowl and beat them till creamy.
- Add half the flour and mix well.
- Add the remaining flour, and the vanilla essence and, using your hands, bring the mixture together, kneading lightly until a dough is formed.
- On a lightly floured surface, roll the mixture into a 20cm square.
- Cut out fingers carefully, re-rolling any trimmings. Should get 15-18.
- Place these on a baking tray, prick with a fork, and chill for 30 minutes.
- Then bake in a preheated oven at 180C (gas 4) for around 15-20 mins.
- Cool them.
- Melt the chocolate, and then dip each finger into the chocolate and place on some baking paper. You can grate some zest on top if you wish.



**They could have been a bit thicker, but still tasted lovely.**

**Was nice to dip into chocolate, and you can, of course, create your own flavours. Possibly add nuts or orange flavour.**

**Either way, I took them to our picnic and they went down very well.**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
This was a great and very tasty bake to prepare.**