

## NUTRITION: Lazza's Kitchen

### Millionaire's Shortbread

**Lazza is still trying out new recipes  
Today - he baked his first Millionaire's Shortbread**

Caramel Shortbread is believed to have originated from Scotland. There are many traditional Scottish dishes that are influenced by local as well as international cuisines. The original Scottish cuisine is rich in fat and this can be seen in most of this regions dishes. Shortbread is one such biscuit that is native to this country and because of the richness of the ingredients used in the Caramel Slice, it is also known as "Millionaires Shortbread".



#### Shortbread:

250g Plain Flour  
75 g Caster Sugar  
175g Softened Butter

#### Caramel

100g Softened Butter  
100g Light Brown Sugar  
397g can of Condensed Milk

#### Topping

250g Plain or Milk Chocolate

- Heat the oven to 180C/gas 4. Lightly grease and line a 20-22cm square or rectangular baking tin with a lip of at least 3cm.
- Mix flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs .
- Knead the mixture together until it forms a dough.
- Press into the base of the prepared tin.
- Prick the shortbread lightly with a fork and bake for approximately 20 minutes until lightly browned.
- Leave to cool in the tin.
- Place butter and sugar and the can of condensed milk in a pan and heat gently until the sugar has dissolved. Continually stir with a spatula to make sure no sugar sticks to the bottom of the pan.
- Turn up the heat to medium high, stirring all the time, and bring to the boil, then lower the heat back to low and stirring continuously, for about 5-10 minutes or until the mixture has thickened slightly.
- Pour over the shortbread and leave to cool.
- For the topping, melt the chocolate slowly in a bowl over a pan of hot water, or use a microwave in 20 second bursts. Pour over the cold caramel and leave to set. Cut into squares or bars with a hot knife.



**This was great to make.  
The shortbread is amazing.  
The chocolate was easy (just  
needed to melt it).  
The caramel is gooey (not sure  
that quite right, lol).  
But for a first go? Delicious!!!**

**During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and tasty bake to prepare.**