

GEBAK

BROSBROODVINGERS

RESEP

Bestanddele:

500 g botter

1 k (210 g) strooisuiker

4 k (560 g) koekmeel

1 k (120 g) mielieblom

1 ml sout

Metode:

Verroom die botter en strooisuiker. Sif koekmeel en mielieblom en voeg by om 'n deeg te vorm.

Druk die deeg goed vas in 'n koekpan van ongeveer 400 mm x 280 mm. Merk in vingers (20 mm breed, 70-80 mm lank en minstens 10 mm dik).

Prik die deeg met 'n vurk. Dit help dat die brosbread deurbak.

Bak by 160 °C vir 50 minute, maar dit kan wissel van oond tot oond.

Haal uit die oond, strooi bietjie strooisuiker oor en sny op merklyne.

WENKE

- Brosbrood word as 'n tradisionele gebak beskou en moet aan die tradisionele vereistes voldoen; dit wil sê, 'n tipiese vorm met deeg wat nie te ryk is nie.
- Moenie vingers in 'n glasbak bak nie, aangesien dit die hitte swak gelei en sal veroorsaak dat dit nie mooi deurgebak is nie.
- Vingers moet 'n egalige, ligte strooikleur hê.
- Die tekstuur is bros en effens dig, maar nie vetterig nie.
- Dit het 'n aangename, delikate smaak. Dit moet op die tong smelt.
- Die brosbread moet nie vetterig, té souterig of 'n galsterige nasmaak hê nie.
- Gebruik botter van goeie gehalte ten einde 'n goeie eindproduk te verseker.

AANBIEDING

Ses (6) vingers op 'n bord sonder 'n doilie.

PUNTETOEKENNING

Voorkoms: 30% Smaak: 70%

Nie 6 aangebied: -5%

Nie deurgebak: -5%

Strooikleur nie egalig: -5%

Galsterige nasmaak of vetterig: -5%

BAKING

SHORTBREAD FINGERS

RECIPE

Ingredients:

500 g butter

1 c (210 g) castor sugar

4 c (560 g) flour

1 c (120 g) cornflower

1 ml salt

Method:

Cream the butter and caster sugar. Sift flour and cornflower and add to form a dough. Press the dough firmly into a cake pan of approximately 400 mm x 280 mm. Marking on fingers (20 mm wide, 70-80 mm long and at least 10 mm thick).

Prick the dough with a fork. It helps that the shortbread bakes completely through.

Bake at 160 °C for 50 minutes, but it can vary from oven to oven.

Remove from the oven, sprinkle with a bit of caster sugar, and cut on the marked lines.

TIPS

- **Shortbread is considered a traditional pastry and must meet the traditional requirements; that is, a typical form with dough that is not too rich.**
- **Do not bake fingers in a glass bowl, as this conducts heat poorly and will result in it not being baked through completely.**
- **Fingers should have an even, light straw colour.**
- **The texture is brittle and slightly dense but not greasy.**
- **It has a pleasant, delicate taste. It should melt on the tongue.**
- **The shortbread should not be greasy, overly salty or have a rancid aftertaste.**
- **Use good quality butter to ensure a good end product.**

PRESENTATION

Six (6) fingers on a plate without a doily.

MARK ALLOCATION

Appearance: 30% Taste: 70%

Not 6 offered: -5%

Not baked through: -5%

Straw colour not even: -5%

Rancid aftertaste or fatty: -5%