

# Shrewsbury Biscuits

The Shrewsbury biscuit is named after Shrewsbury, the original home of the String of Horses Inn. They are said to date from the 1600s, so will have been being baked and eaten in the streets around the Inn since about the time the building was constructed.

## Ingredients

Makes around 12 biscuits

50g / 2 oz butter

30g / 1 ½ oz sugar

1 egg yolk

Zest and juice of ½ a lemon or orange

35g / 1½ oz sultanas

100g / 4 oz plain flour

## Method:

Pre heat an oven 190°C / 170°C Fan / Gas 5

With a little butter, grease a baking sheet.

Cream together the sugar and butter until pale and fluffy, add the egg yolk and beat well.

Add the lemon or orange zest and juice and beat until the mixture is smooth.

Add the mixture to the flour in a large bowl. Gently stir the mixture until the flour is incorporated. Beat well until a firm dough is formed.



Stir in the sultanas until evenly distributed throughout the mixture.

Scrape the dough together and turn out onto a floured surface. Shape the dough into a ball and then use a rolling pin to roll out the dough to about  $\frac{1}{4}$  inch or 6mm.

Use a round fluted 6cm biscuit cutter to cut out the biscuits.

Place the biscuits onto the baking tray and bake in the centre of the oven for about 10 - 15 minutes until the biscuits have become firm and the edges have turned slightly golden.

Remove the biscuits from the oven and move them to a wire rack and sprinkle with caster sugar and allow to cool.