



ORANGE SHORTBREAD

This is a great recipe to practice some basic baking skills such as rubbing fat into flour and kneading and shaping dough. And after the practice the reward is a deliciously orangey shortbread!



Recipe & image supplied by The Grain Chain:
www.grainchain.com

Skills Check (as appropriate for each Key Stage): Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; rub fat into flour; knead; shape dough; use balance/digital scales; use a citrus squeezer/zester.

Equipment: Citrus zester, sieve, mixing bowl, baking tray, fork, oven gloves, cooling rack.

Ingredients (serves 8 children):

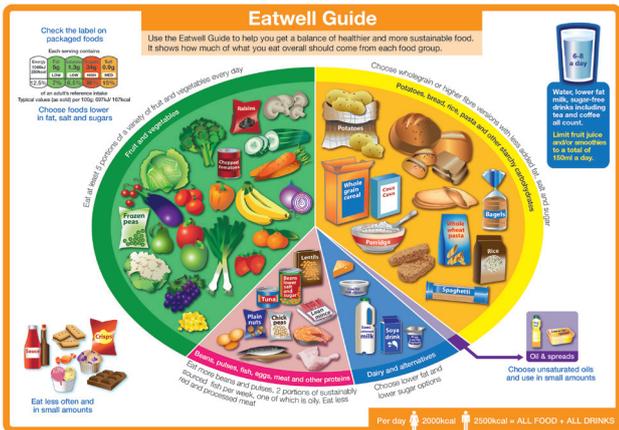
- 150g plain flour
- 100g butter or margarine
- 50g light soft brown sugar
- large pinch of cinnamon, to taste
- zest of one orange

Method

1. Preheat the oven to 160°C/Gas Mark 3.
2. Lightly grate some zest from the orange.
3. Sieve the flour into a mixing bowl and add the cinnamon, sugar and orange zest.
4. Rub in the butter or margarine.
5. Bring the dough together and knead it lightly.
6. Place the dough on the baking tray and press or roll the dough into a round disc 1cm thick.
7. Prick with a fork and decorate the edge. Using oven gloves, place the tray in the oven for 15-20 minutes until firm.
8. Cut the shortbread into eight segments and place on a cooling rack straight away to cool.



ORANGE SHORTBREAD Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about orange shortbread....

Shortbread is a type of sweet dough, high in both fat and sugar. The Eatwell guide shows us that these foods are not needed in the diet and so, if included, they should only be eaten infrequently and in small amounts.



Energy, sugar, fat and salt per serving

Per 32g serving

ENERGY
753kJ / 180kcal 9%

HIGH **FAT**
10.5g 15%

HIGH **SATURATES**
6.5g 33%

MED **SUGARS**
6.3g 7%

MED **SALT**
0.2g 3%

% of an adult's reference intake

Typical values per 100g : Energy 2354kJ / 564kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.