



Melt in Your Mouth Shortbread Cookies

With many Nova Scotia families, recipes are handed down from one generation to the next, a rich culinary heritage that DesBarres Manor Inn innkeeper Audrey Firth shares. Her great grandmother's melt in your mouth shortbread cookies were passed on through the generations, a holiday tradition. When Audrey's Mom began creaming the butter for these delicious cookies, she knew Christmas has truly arrived. Audrey is pleased to pass this family tradition on to you.

My Mom's Shortbread Cookies

Ingredients

1 pound of butter
1 cup of icing sugar
4 cups of flour

Directions

Cream the butter. Gradually sift in the sugar. Gradually sift in the flour. Mix the ingredients and chill for 45 minutes.

Roll out dough on a board. Take small pieces of dough and roll into little balls and put on a cookie sheet. Press balls flat with a fork.

Bake cookies at 300° for 15 min. Do not overbake!!

Mom's cookie will melt in your mouth and become a tradition with your family too.