

Green Tea Spiced Shortbread

These shortbread are sure to be a hit. For added appeal, use a leaf-shaped cookie cutter or if baking for the holidays, perhaps a Christmas tree cookie cutter. Made with Mighty Leaf Matcha green tea.

Rich and buttery with a subtle spiced note, these shortbread cookies pair well with Mighty Leaf Bombay Chai, Chocolate Orange Truffle or Golden Monkey.

Ingredients

- 1 stick (1/2 cup) Unsalted premium butter, softened
- 1/4 cup Superfine granulated sugar
- 1/2 tsp. Premium vanilla
- 1/8 tsp. Salt
- 1/4 tsp. Ground cardamom
- 1/2 tsp. Orange zest
- 1 tbsp. Mighty Leaf Matcha green tea
- 1 cup Cake or All-Purpose flour.

Preparation

Preheat oven to 375°F.

Blend together butter, sugar, vanilla, cardamom, orange zest, Matcha and salt in a bowl with a fork until combined well. Sift flour into butter mixture and blend with fork until mixture forms a soft dough.

If using cookie cutters, lightly flour a clean surface and flatten your dough onto surface with a lightly-floured rolling pin. Then cut shapes into the dough, by pushing the cookie cutters into the dough. Roll scraps back onto surface so new shapes can be cut, until the remainder of dough is used.

Transfer dough to an un-greased large baking sheet.

Bake shortbread in middle of oven until edges are golden, about 15 minutes.

Cool shortbread on baking sheet on a rack 10 minutes.

Transfer slices with a spatula to rack to cool completely.

Serves

Makes 8 cookies.

History

Around the early 9th century, a Japanese Buddhist monk, Saicho, is credited with introducing tea to Japan. During this period, Chinese culture significantly influenced

and impacted art, politics and religion in the Far East. Consequently, while studying in China, Saicho became exposed to tea and brought back seeds to start growing at his monastery.

Other monks over time followed suit, and soon small tea plantations sprouted up at secluded monasteries. However, due to the isolation, tea's popularity did not blossom until the thirteenth century. At this time in history, people only drank tea in powdered form prepared by grounding tea leaves into a green powder and whipping in water with a whisk. Inspired by Buddhist spiritual philosophy, this marks the origin of the Japanese Tea Ceremony or "Chanoyu."

Origin

South America, United States.