

# Kilkenny Biscuits

“It was just like any other afternoon in the centre. Lunch was over, clients and staff were sitting, having a chat. One of the clients, who has been attending the centre for about 18 months and who is always quiet, out of the blue asked: ‘does anyone bake their own biscuits anymore?’ Two or three of the other clients said they used to love baking their own biscuits and so we came to an agreement to dedicate Friday as our afternoon tea day. We organised ourselves and everyone helped with the task in hand. There is nothing like relaxing and enjoying the fruits of our labour with a lovely cup of tea and a chat.”

## INGREDIENTS

170g butter, softened  
170g light brown sugar  
1/2 tsp vanilla extract  
3 eggs  
340g plain flour  
34 tsp baking powder  
Pinch of salt

## METHOD

1. Preheat oven to 180°C.
2. Cream the butter and sugar with the vanilla extract for 4-5 minutes in a large mixing bowl until light and fluffy.
3. Add the eggs and beat for a few minutes. Sift the flour, the baking powder and the salt. Add the sifted flour mixture to the butter and eggs mixture and beat slowly until the mixture comes together.
4. Use dessert spoon to spoon dollops of the mixture onto a lined baking tray, and flatten them slightly with the back of the spoon. Bake for 12-15 minutes in the oven. Allow to cool and serve.

Serves: Makes approx 28 biscuits

