



HOW TO COOK

Newsletter

Valentine Vanilla Heart Shortbreads

Ingredients

- ½ lb butter (226.79gms)
- 3ozs vanilla caster sugar (85.04gms)
- 1oz icing sugar (28.34gms)
- 4ozs cornflour (113.39gms)
- 8ozs plain flour (126.79gms)
- ½ teasp Equagold vanilla paste



Method

1. Preheat oven to 150 degrees celcius
2. Beat butter and sugar until light white and fluffy
3. Sift and mix in the flours with a metal spoon till combined
4. Pull mixture together by hand and knead very lightly
5. Cut mixture in half
6. Roll out one half at a time to desired thickness (approx 8 -10mm is good)
7. Cut hearts using a heart cookie cutter Prick well all over with a fork
8. Place onto a biscuit tray lined with baking silicon
9. Bake until golden at 150C (approx 20mins)
10. Leave to cool
11. Dip one half in melted chocolate

What you need from How To Cook

1. Equagold Vanilla Paste \$19.99 for 30gms
2. Equagold Pure Vanilla caster sugar 750gms \$14.99
3. Powder coated Heart cutter \$4.99
4. Joseph Joseph Adjustable Rolling Pin \$44.99
5. Bakeliners Bake Tray Liner \$19.99
6. Sifters from \$12.99

Rolling in the dough

Wondering how to roll out the dough to 10mm? The Joseph Joseph Rolling pin comes with three sets of removable discs that raise the rolling surface by different amounts, to create the required pastry thickness – either 2mm, 6mm or 10mm. This is a particularly handy tool for achieving an even thickness for plastic icing.



2011 Cooking Class Schedules

Friday Demonstration sessions recommenced in **FEBRUARY** with a **BISCUIT THEME**. Demonstrations start at 10am each Friday and cost \$10 per person for coffee, cake, 1 hour demonstration, tasting and recipe.

Upcoming themes include:

MARCH **EASTER THEME**
APRIL **PASTRY THEME**

Wilton Cake Decorating Class will run:

Course 1 - March, April, June, August and October

Course 2 May and November

Course 3 July

Course 4 September

The courses are four weeks duration, cost \$250/ person and you must have completed Course 1 to continue to the more advanced classes.

[Visit the website for more information](#)

Ask Iris

Q: How do you cook a whole roast duck?

A: I like to twice cook duck as I like duck to be both tender and also very crispy. Roast in the oven the day before.



Butterfly it and then remove the breast bones leaving only the leg and wing bones. Marinate overnight with your choice of Asian style marinade. Bake again for 1 hour before required, then serve with a sauce that is sweet and sour or maybe a chilli style sauce. Otherwise leave out the Asian flavours and serve as a roast with gravy.

Frozen whole ducks are available from How To Cook!

How To Cook Club coming soon

How To Cook is planning to create a club card to reward our loyal customers.

To be a member you will need to be registered on our database to receive newsletters.

How To Cook Club members will be given \$5 in How To Cook vouchers (HTC money) each time they spend \$50 in store and will be invited to special "discount" days and promotions. All existing members of the database will receive a special bonus of \$20 in HTC Money when they pick-up their card from the shop next month.

How To Cook cafe is open and serving gourmet sandwiches, fresh cakes, old-school milkshakes, smoothies and espresso coffee all day!



HOW TO COOK
Kitchen & Food Emporium

OPEN:

8.30am to 5pm Monday-Friday

8am - 4pm Saturday

www.howtocook.com.au