

Natrel[®]

Breton Shortbread Cookies with Lemon Cream

When life gives you lemons and lots of butter, make these Breton Shortbread Cookies topped with a tangy lemon cream.



SERVES
12-24



PREPARATION TIME
30MIN.



COOKING TIME
15MIN.



COOLING TIME
35MIN.

Ingredients

Breton Shortbread

½ cup Natrel Lactose Free butter, at room temperature
½ cup cane sugar
1 cup flour
1 egg yolk

Lemon Cream

½ cup cane sugar
¼ cup Natrel Lactose Free butter, cut in cubes
4 egg yolks, with no trace of white
Peel of 1 lemon, grated
Juice of 2 lemons

Preparation

Breton Shortbread

1. In an electric mixer bowl, mix the butter and sugar until you get a creamy consistency. Add the egg yolk and mix for a few more minutes.
2. Gradually fold in the flour until a ball forms. Add a little extra flour if the dough seems too sticky.
3. On a floured work surface, knead the dough by hand and form a ball. Cover it in plastic wrap and refrigerate it for 30 minutes.
4. Preheat the oven to 350 °F (177 °C).
5. On a floured work surface, roll out the dough to a thickness of about 6 or 7 mm (¼ inch).
6. Using a fluted cookie cutter, cut the dough into small shortbreads.
7. Place the shortbreads on a baking sheet lined with parchment paper or a silicone baking mat. Bake for 12 minutes.
8. Let the shortbreads cool on a rack for a few minutes. They will harden as they cool.

Lemon Cream

1. Beat the egg yolks, strain them through a sieve and pour them into a saucepan.
2. Stir in the lemon juice and sugar.
3. Over medium heat, stir the mixture with a soft spatula for about 10 minutes, until it thickens slightly. The cream will continue to thicken as it cools.

4. Remove the pan from the heat. Add the lemon peel and cubes of butter. Stir until the butter has completely melted.
5. Let the lemon cream cool in a small glass container.

Assemble

1. Generously spread lemon cream on a shortbread and create a sandwich type of cookie using another shortbread. Enjoy!