



# Foundation Biscuit

First is the first biscuit recipe I used as a child in the 1970's it is simple and straight forward and when we made this recipe we made much thinner and used a weird icing which was a combination of icing sugar margarine (not butter) and hot water and if we want chocolate we used cocoa powder.

## Ingredients

240g Flour  
1 tsp Baking powder  
120g Unsalted butter  
120g Sugar  
1 egg  
Flavouring (vanilla)  
Pinch Salt

## Method

Sift the Flour, baking powder and salt together in a bowl, add sugar.  
Rub in the butter with tips of fingers until it looks like sand.  
Add the egg and flavour, mix together.  
Turn out the dough on to the work surface and knead together until just smooth (don't knead too much your dough will become tough and you will end up with tough biscuits).  
Roll out to about 4mm thick and cut to desired shapes.  
Place on a prepared tray and place in preheated oven of 170c, cook for roughly 10-15 mins. Or they look pale golden. Cool on the tray and then cool completely on a cooling rack. Ice as desired.

You can also roll this dough out to a square/rectangle and spread jam over one side and then place the second unjammed side on top of the jammed side and cook. We also used leftover dough to make a jam tart by put pastry on an enamel dish and filling with jam.

## Royale icing recipe

### Ingredients

210g icing sugar  
1 egg white (you can use meringue powder if you want, follow directions on pack)  
Few drops of Lemon juice  
Water (as needed)

### Method

In a bowl mix the all the ingredient together add water as required until the icing will slowly run of a spoon. Colour and pipe as desired.