

Banbury Square

This is one of my favourite recipes – a buttery shortcake with a spicy fruit and nut filling. It comes from a 50-year old Southland Church cookbook, hence the non-metric measurement for the ingredients.

Line a 23 x 32 cm sponge roll tin with baking paper.
Pre-heat the oven 180°C.

Shortcake

8 oz butter
1 ½ c sugar
2 eggs
3 c flour
2 tsp baking powder

Filling

4 oz butter
1 lb sultanas
6 dsp sugar
2 dsp golden syrup
1 tsp ginger, mixed spice, cinnamon
¼ c walnuts }
orange zest from 1 orange } *optional*
3 T whisky }

Filling

Melt butter and add sultanas, sugar, syrup, spices, walnuts, zest and whisky (if using).

Shortcake

Cream butter and sugar until fluffy. Add eggs one at a time, beating well between additions. Fold in sifted dry ingredients. Spread half mixture in prepared tin and cover with filling. Roll out remaining shortcake mixture on floured surface to the size of the tin. Because it is soft, cut it into 8 and lift each piece with a spatula to cover filling (the joins meet with cooking). Cook for 35 minutes. Half the recipe in a smaller tin takes about 30 minutes.

Cut into fingers or squares when cold and dust with icing sugar.