

My Favourite Biscuit Dough for Biscuit Cutters



Serves	30 - 40
Prep time	1 hour, 15 minutes
Cook time	20 minutes
Total time	1 hour, 35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Occasion	Birthday Party , Christmas , Special Occasions
Website	Martha Stewart

Ingredients

- 2 cups plain white flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 120g butter
- 1 cup caster sugar
- 1 Large egg
- Extra plain white flour (for rolling and cutting)

Optional

- 2 teaspoons vanilla extract

Directions

1. Sift the flour, baking powder and salt into a large bowl. Set aside.
2. In a separate bowl cream the butter and sugar until light and fluffy. Add the egg and vanilla beat until well combined.
3. Gradually add the flour to the mixture and beat on low speed until combined.
4. Divide the dough in half and work into a ball then flatten into discs. Wrap each disc in plastic wrap and place in the fridge for at least 40 minutes, or until firm.
5. Preheat the oven to 160°C and line baking trays with baking paper.
6. Remove the dough disc from the fridge and let it sit at room temperature for 5 to 10 minutes.
7. Place the disc onto a sheet of baking paper lightly dusted with flour then place another sheet on top. Roll the disc to 1/4 cm thick between the two sheets of paper. Lightly dusting with flour as required to stop the dough from sticking. (If the dough gets too warm and difficult to cut, put it back in the fridge to firm up.)
8. Dip the biscuit cutters into some more flour before using to cut the dough. Transfer the cut shapes to the prepared trays. Re-roll the scraps and repeat.
9. Place the dough in the oven for 10 to 20 minutes (depending on the size), rotating halfway through, until the edges are golden.
10. Transfer to a wire rack to cool completely.



 [Chocolate Biscuit Cutter Biscuits](#)

11. Decorate as desired.

Note

Low Chemical / Failsafe

Variations:

1. The vanilla can be left out if you are particularly sensitive to it.
2. Vanilla essence can be substituted for extract, just double the quantity.
3. Use half wholemeal flour, and add the husks back in after sifting.
4. Leave out the vanilla and use 3 tablespoons of cocoa or carob powder.
5. Substitute maple syrup for vanilla.

This biscuit dough can be frozen, just wrap the dough in foil (over the plastic wrap) before placing in the freezer. Let it thaw in the fridge until ready to use.

The number of biscuits made depends on the size of your cutters.

These biscuits keep extremely well for long periods of time in an airtight container.