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by Liz Robb

Butterscotch Pots With Shortbread Biscuits



Ingredients

For the shortbread biscuits:

50g golden caster sugar, plus extra for dusting

170g plain flour

115g butter

For the butterscotch pots:

250g dark muscovado sugar

30g cornflour

A small pinch of salt

900ml semi skimmed milk*

4 large eggs

A few drops of vanilla extract

30g butter

200ml low fat double cream*

25g dark chocolate

Servings

8

Person

Preparation

- 1 For the shortbread, lightly grease 2 baking trays and line with baking parchment.
- 2 Sift the flour into a food processor, tip in the sugar, cut the butter into pieces and add, and then pulse several times until the mixture will form a dough. If it is too stiff, just add a tablespoon of milk.
- 3 Form the dough into a ball, wrap in cling film and chill in the fridge for about 20 minutes.
- 4 Preheat the oven to 160 degrees, or 140 degrees fan oven.
- 5 On a lightly floured surface, roll out half of the dough and cut out small rounds. Repeat with the other half of the dough, and then with all the leftover pieces. Dust lightly with caster sugar then place the biscuits on the trays, spacing them out.

- 6 Bake for approximately 30 minutes, until they are a pale brown. Leave on the tray for 5 minutes and then cool on a rack. Store in an airtight container once cooled.
- 7 For the butterscotch pots, crumble the sugar into a bowl with the cornflour and a small pinch of salt and mix, making sure there are no lumps.
- 8 Separate the eggs, discard the whites and beat the yolks. Whisk the milk, egg yolks and vanilla extract together well.
- 9 Place the sugar mixture in a saucepan, pour in the egg and milk mix and stir together. Stir gently on a low to moderate heat to allow the mixture to thicken. Once it is thick and beginning to bubble, stir for 30 seconds then turn off the heat.
- 10 Add the butter, cut into small pieces, and stir well to combine with the mixture. Allow to cool for about 10 minutes, stirring occasionally, and then spoon it into small pots or glasses. Place in the fridge to chill for at least an hour.
- 11 Whip the cream and pipe a swirl on top of each chilled dessert. Sprinkle with grated dark chocolate. Serve accompanied by 2 or 3 little shortbread biscuits.

Cooks Note

*You can, of course, use full fat milk and cream if you prefer; it is by no means a low fat dessert, but every little helps!

This recipe will make 8 or 9 butterscotch desserts. I cut out 42 shortbread biscuits using my smallest circular cutter, more than I needed to go with the dessert. You can make the biscuits the day before if you like, and make the butterscotch earlier in the day, so this is the perfect dessert to have all ready to serve at the end of the main course.
