

SHORTBREAD

Shojin cooking around the world!



INGREDIENTS

【Shortbread】

- 110g (½ cup) coconut oil (or 125g (½ cup) butter)
- 110g (½ cup) sugar
- ½ Tsp. salt
- ½ Tsp. vanilla extract
- 315g (2 cups) flour

【Cashew Cream】

- 70g (1/3 cup) cashew nuts, ground
- 80ml (1/3 cup) coconut milk
- A few drops of vanilla
- 1 Tsp. lemon juice
- 2 Tbsp. powdered sugar
- 2 Tbsp. desiccated coconut



1. Grease a 25cm (9-10 in) cake pan, preheat oven to 180°C/350F. Heat coconut oil (or butter to soften).



2. Cream sugar, salt, and vanilla with an electric mixer. Add flour, and mix with an electric mixer on low speed until the mixture resembles bread crumbs.



3. Place the mixture into a greased cake pan and smooth the surface with a spoon from the edges into the center. Then bake 18 to 20 minutes until the cake turns golden brown.



4. Remove from oven and cut immediately. Let cool completely for 30 minutes before unmolding and sliding onto a plate.



【Cashew Cream Topping】

5. Mix all the ingredients until smooth and creamy. Chill in the fridge to set. Decorate with cashew cream topping.

Recipe by Myoho Gabrysch

In 2002, she settled in the Netherlands with Rev. Coppens Tenkei and — with a dedicated group of students — established Zen River Temple, a community of residents and members with an ongoing daily program and monthly sesshins. She has published a book of recipes “Zen River Cookbook” and will be publishing the second volume of new recipes soon.



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