

## **So Tell Me Something About Shortbread ... (A “short” history of shortbread and the reason for the contest)**

### **Is shortbread really Scottish?**

Absolutely! The bagpipes may have been invented in Egypt, but shortbread is absolutely a Scottish invention. Originally considered a special treat on holidays like Christmas and Hogmanay (New Year’s Eve), it’s evolved into an everyday favorite. In Scotland, almost every region has its own variation.

### **Why is it called “shortbread”?**

The word “short” refers to the desired crispness (or “shortness”) of the final product. Although shortbread evolved from medieval biscuit bread, early Scottish bakers dubbed the product “shortbread” to avoid paying a government tax on biscuits.

### **Aren’t all shortbread recipes pretty much the same?**

Traditional shortbread has three main ingredients: flour, butter and sugar. The type and texture of the dry ingredients make a difference in the consistency of the finished shortbread. For instance, rice flour makes for a grainy, crumbly shortbread. Cornstarch (corn flour) makes for a more dense shortbread.

### **Is the shape of the shortbread important?**

Not really. Typically it is made either in a pie shape (called a round) or a slab. It’s cut into pieces for serving.

### **Are there flavored shortbreads?**

Yes! Although a Scot from the old country would likely disapprove, there are all kinds of interesting recipes: butter-pecan, cherry, oatmeal, chai, mocha, lemon, ginger, anise, walnut, chocolate, strawberry ... even low-calorie! This contest includes a “nontraditional” category for bakers who want to get a little creative.

### **What does one pair with shortbread?**

Traditionally, shortbread accompanies tea. But you can also enjoy it with milk, coffee, wine or even champagne, depending on your personal tastes.

### **Who is sponsoring this shortbread contest?**

The Shortbread Contest at the Sacramento Valley Scottish Games and Festival is sponsored by the Daughters of Scotia, Kilwinning Lodge #203. Daughters of Scotia is a national fraternal order that was organized in the 1800s to support Scottish women who were immigrating from the old country and to help them assimilate into American culture while preserving their own heritage. Kilwinning Lodge #203 was founded in 1934 and today has about 100 members.

### **Why does it cost \$10 enter the contest?**

The shortbread contest is a fundraiser for the Betty Connelly Scholarship Fund for the Scottish Performing Arts. This fund provides financial assistance to Sacramento-area students of the Scottish performing arts, such as dancing, piping and drumming. Scholarship funds are mainly used to fund lessons, but can also be used to purchase costumes and equipment. This year, five scholarships will be awarded at the Games.

### **Who was Betty Connelly?**

Elizabeth "Betty" Connelly (1915-2008) was a native of Glasgow and a longtime member of Kilwinning #203. She served as Chief Daughter three times (1960-61, 1971-72 and 1979-80). She was a beloved lodge member, mother, grandmother and friend who was known for her love and support of highland dance. The Betty Connelly Scholarship Fund for the Scottish Performing Arts was created in 2009 to honor her memory; the entry fees from the Shortbread Contest will be added to this fund.

### **Why a shortbread contest?**

In addition to being a supporter of the performing arts, Betty was known for her amazing baking skills. A Shortbread Contest is a fitting fundraiser to honor the memory of a very special lady.

### **How can I find out more about the Daughters of Scotia?**

Any woman of Scottish ancestry (or who is married to a man of Scottish ancestry) is eligible to join our Order. For more information about Daughters of Scotia, please write to:

**Daughters of Scotia, Kilwinning Lodge #203  
Odd Fellows Temple  
1831 Howe Ave.  
Sacramento, CA 95825**