**Workshop Description**

Learn how to make *Polvorones* - Cuban guava cookies from scratch with chef/Food writer Keshia Sakarah, a recipe taken from her debut cookbook - 'Caribe- a Caribbean cookbook with history' which explores the foodways, ingredients and cultures throughout the region.

Cookies on a baking sheet

Description automatically generated

**Equipment List**

baking trays

baking/greaseproof paper

large bowls

wooden spoons

spatulas

small sieve

large sieve

measuring spoons

knife

spoon

**Ingredients List**

600 g salted butter, softened

300 g vegetable shortening

540 g golden caster (superfine) sugar

5 egg yolk

1000 g plain (all-purpose) flour

350 g ground almonds

1 ¼ teaspoon sea salt

2 ¼ teaspoon ground cinnamon

guava jam (jelly), to garnish

Icing sugar for dusting

**Method**

Preheat the oven to 190°C fan (400°F) and line a baking sheet with baking parchment. Put the butter, vegetable shortening and sugar into a large bowl and beat until light and fluffy, then whisk in the egg yolk until well incorporated. Sift in the flour, ground almonds, salt and cinnamon. Fold through until well incorporated, being careful not to over mix – the texture should be grainy. Form spoonfuls of the mixture into 12 balls, then place on the prepared baking sheet.

Press a small dent into the top of the biscuits using your finger, then repeat with the remaining dough. Bake in the oven for 15 minutes, then remove from the oven and place 1–2 teaspoons of the guava jam (if using) into the dents. Return to the oven and bake for a further 5 minutes. If you’re not using guava jam, skip this step. Once baked, remove from the oven and leave to cool on the tray. They will be a little soft to touch and the jam may be hot. Allow to cool before eating.

A couple of boys cutting doughnuts

Description automatically generated