

# Secret ingredient

For generations, South African moms have trusted Maizena to ensure perfect cooking results – the stuff of which memories are made

Passed down through families, Maizena has cemented itself as a shared South African childhood memory: from grandma teaching little ones to bake their first cakes, to mom's unbelievably light-and-airy omelettes, the country's best-loved corn flour has always been an integral part of growing up. Used to create a rich consistency in gravies and stocks, perfect for thickening stews and sauces and brilliant when added to cake batter and pastry, Maizena is as much a part of growing up as learning the secrets of wholesome home cooking.



## BUTTERY SHORTBREAD BISCUITS

Makes 15 to 20 biscuits

Preparation: 15 minutes

Baking: 20 minutes

230 g butter, softened, plus extra for greasing

200 g sugar

1 free-range egg

680 g Maizena

Preheat the oven to 180°C. Cream the butter with the sugar until pale and smooth. Add the egg and mix. Slowly sift in the Maizena, then combine to form a soft dough. Roll into small balls and press down with the tines of a fork. Chill for 10 to 15 minutes, then transfer to a greased baking tray and bake for 15 to 20 minutes, or until pale golden. Remove from the oven and leave to cool.

**Cook's note:** If desired, drizzle with granadilla icing made from icing sugar and the pulp of fresh granadillas (add a little granadilla juice, if necessary). Serve with lime zest and a scattering of granadilla pulp.