# The Abernethy Biscuit

The Abernethy Biscuit! These are specifically a *Scottish* biscuit, originally designed to be eaten as a support to digestion. They are a light and crumbly in texture, and melt in the mouth. They’re made out of caster sugar, flour, butter, baking powder, milk, eggs, and caraway seeds. Ultimately the biscuit is quite similar to a primitive butter biscuit or shortbread, apart from the inclusion of the unique ingredient “caraway seeds”. The purpose of such an ingredient in the biscuit is mainly to help prevent flatulence. To make these, you simply sift the flour together with the baking powder and rub in the butter until it is thoroughly mixed. Add the sugar, seeds, and then the egg and milk to make the dough. Then roll it out, cut to shape, and bake! Exceptionally simple.

Abernethy is a small remote village in Scotland; however, the biscuits actually aren’t named after this location. Instead, they are named after the biscuit’s inventor! Dr John “Abernethy”, who was an English surgeon from the 18th century. The biscuits remain a popular household snack today, being manufactured commercially by four different companies across Scotland.