

THE FORMULARY

Formulary Entry #001

Rose Vanilla Shortbread Cookies

A Soft Reset for Clarity + Confidence

Dispensed by: High TEA Dispensed

Created by: Micki Rose

Classification: Soft Reset

Dose: 2–3 cookies, warm or room temperature

■ Indication

For overstimulated afternoons, slow mornings, emotional fatigue, and moments when you need softness returned to your day.

Recommended during:

- quiet mornings with tea
- rainy weather
- creative resets
- journaling sessions
- after long workdays
- when returning to yourself

■ Active Ingredients

Yield: 18–24 cookies

- 1 cup (226g) unsalted butter, softened
- ½ cup (60g) powdered sugar
- ¼ cup (50g) granulated sugar
- 1 tsp pure vanilla extract
- ½ tsp almond extract
- 2¼ cups (281g) all-purpose flour
- ¼ tsp fine sea salt
- 1–2 tbsp culinary dried rose petals (optional)
- extra dried petals for garnish

Optional enhancements:

- white chocolate drizzle
- vanilla bean paste instead of extract
- rose sugar for dusting
- pinch of cardamom

■ Preparation Method

Step 1: Prepare your atmosphere

Begin gently. Brew tea. Lower the lights. Put on instrumental jazz or soft piano. The preparation is part of the prescription.

Preheat oven to 325°F (163°C). Line baking sheets with parchment paper.

Step 2: Create the base

Cream softened butter, powdered sugar, and granulated sugar for 3–5 minutes until pale and fluffy. Air creates softness.

Step 3: Add flavor

Mix in vanilla and almond extract. Stir fully. If using vanilla bean paste, fold in now.

Step 4: Add dry ingredients

Combine flour and sea salt. Slowly add into butter mixture. Mix gently. Fold in dried rose petals if using.

Step 5: Rest period

Shape into a disk, wrap, refrigerate 30 minutes. Creates cleaner cuts and richer flavor.

Step 6: Shape

Roll dough to ¼-inch thickness. Use floral cutters, scalloped rounds, or vintage biscuit molds.

Step 7: Bake

Bake 12–14 minutes. Edges lightly golden, centers pale.

Step 8: Cooling protocol

Rest on tray 5 minutes then cool fully.

Intended Results

Possible side effects may include:

- calmer thinking
- softened mood
- quiet comfort
- restored clarity
- a moment of sweetness
- feeling more present

■ Pairing Recommendation

Dispense with:

- rose milk tea
- chamomile tea
- vanilla cream tea
- lavender london fog
- soft instrumental jazz
- low lighting

Chef's Note

Do not rush the process.

Softness is part of the preparation.

Beauty lives in simplicity.

The Rose Script

Good ingredients. Clear intention. Beautiful results.