

Welsh cakes

Makes 10-12 Welsh cakes



Makes these to celebrate St David's day.

Ingredients (allergens in bold)

- 250g plain flour
- 1 level teaspoon baking powder
- 100g butter
- 75g caster sugar
- 75g currants and sultanas - mixed
- ¼ teaspoon mixed spice
- 1 egg - beaten
- flour for rolling

Method

1. Put the flour, baking powder and butter into the mixing bowl. Cut the butter into small pieces.
2. With your fingertips, rub the butter into the flour until it resembles breadcrumbs. Add the sugar, dried fruit and mixed spice. Stir to combine ingredients. Make a 'well' in the centre.
3. Crack the egg into the small bowl and beat it with the fork. Add enough of the egg to the dry mixture to form a dough.
4. Shape the dough into a round and place on a floured work surface. Roll the dough to 1.5cm thickness. With a cutter press out 10 - 12 rounds.
5. Heat the bakestone and cook the Welsh Cakes for 3 - 4 minutes each side. (Reduce the heat if they brown too quickly. This will allow the inside to cook through thoroughly.
6. Serve hot or cold, spread with butter. They are especially delicious sprinkled with cinnamon and caster sugar.



Equipment

- mixing bowl
- round bladed knife
- tablespoon
- teaspoon
- flour dredger
- rolling pin
- table knife
- small bowl
- fork
- 8cm cutter
- bakestone (or griddle or heavy frying pan)
- palette knife
- cooling rack