



RECIPE OF THE MONTH



Welsh Cakes

A real Welsh favourite eaten throughout the year, usually spread with either lashings of fresh salted butter or raspberry jam; or just simply sprinkled with caster sugar and enjoyed with a hot cup of tea or coffee.

Recipe Ingredients

- 225g /8oz plain flour
- 100g /4oz chilled unsalted butter
- 75g /3oz caster sugar
- 50g /2oz currants
- ½ teaspoon baking powder
- ¼ teaspoon mixed spice
- 1 beaten egg
- Salt
- Cold Milk

You will need

- Cast iron baking stone or griddle

Method

- Sieve the flour, baking powder, mixed spice and a pinch of salt into a mixing bowl
- Dice the butter and rub into the flour with the fingertips
- Add the sugar, fruit and beaten egg
- Mix to form a dough. If the dough mix is dry, just add a little more cold milk
- Roll out the dough on to a floured surface to a thickness of about 6mm
- Take a circular pastry cutter and gently cut out your welsh cakes
- Cook the cakes on a well-greased baking stone until golden brown. Ensure that the stone is not too hot; cast iron is the best for retaining heat
- Ensure that the cakes are cooked in the middle
- Sprinkle generously with caster sugar
- Enjoy either hot or cold