

Welsh cakes



Cooking on a bakestone or griddle has been common practice throughout Wales for centuries. The art of a good Welsh cake is to cook them quickly on both sides so that they stay moist in the centre, but take care not to burn them!

Makes 15-18 | **Prep** 15 minutes | **Cook** 10 minutes

Ingredients

225g self raising flour
pinch of salt
1 teaspoon mixed spice
110g butter, lard or margarine
75g caster sugar
75g mixed currants and sultanas
1 large egg beaten
grated rind of half a lemon (optional)

Method

- 01** Sieve the flour, salt and spice into a mixing bowl. Rub in the fats until the mixture looks like fine breadcrumbs.
- 02** Add the sugar, lemon rind and dried fruit. Pour in the beaten egg and stir to make a firm dough.
- 03** On a floured board, roll or press the dough to approximately 5mm thick. Cut into discs with a 4-5cm cutter. Or cut into squares, you will not need to keep re-rolling if you use this shape.
- 04** Bake the Welsh cakes on a medium hot griddle, turning once, until golden brown on both sides but still a little soft in the middle.
- 05** Dust with caster sugar while still hot. If you do not have a griddle you could use a heavy base frying pan, lightly buttered.