

WELSH CAKES

These cakes are delicious to eat straight from a hot griddle, sprinkled with caster sugar or spread with butter. I try to make enough to freeze, but they nearly always disappear as soon as they are cooked.

Makes about 16 cakes.

Ingredients:



225g (8 ozs) self-raising flour
75g (3 ozs) currants
½ teaspoon baking powder
1 large egg and a little milk
110g (4 ozs) butter
Pinch of mixed spice or nutmeg
75g (3 ozs) caster sugar

Method:

Add spice to flour and rub butter into spiced flour, then add sugar, currants and bind with beaten egg and a little milk if needed to make a stiffish dough. Roll out onto a floured surface, about ¼ inches thick, and cut into 2½ inch circles with pastry cutter. Bake on a griddle or in a heavy based frying-pan for approximately 3 to 5 minutes on each side. Pile onto a warm plate, sprinkle with castor sugar and serve. These will keep for 1-2 days in an airtight tin and warmed up again in your oven for a few minutes.