

Welsh Cakes

Ingredients

100g mixed butter and lard

225g self-raising flour

a pinch of salt

75g caster sugar

75g currants

½ tsp. honey

1 medium egg, beaten

Equipment

large wooden spoon

large bowl

electric whisk

griddle pan

cooling rack

sieve

Method

1. In a bowl, rub the fats into the flour and salt until the mixture resembles breadcrumbs.
2. Stir in the sugar, currants, mixed spice and honey.
3. Add the beatn egg and mix in to form a firm dough.
4. On a floured board, roll or pat the mixture until about 5-10mm thick.
5. Cut into discs and griddle over a medium heat until golden brown on both sides.
6. Dust the Welsh Cakes with caster sugar and eat immediately. Some people like to split them and have them with cream and preserves.

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