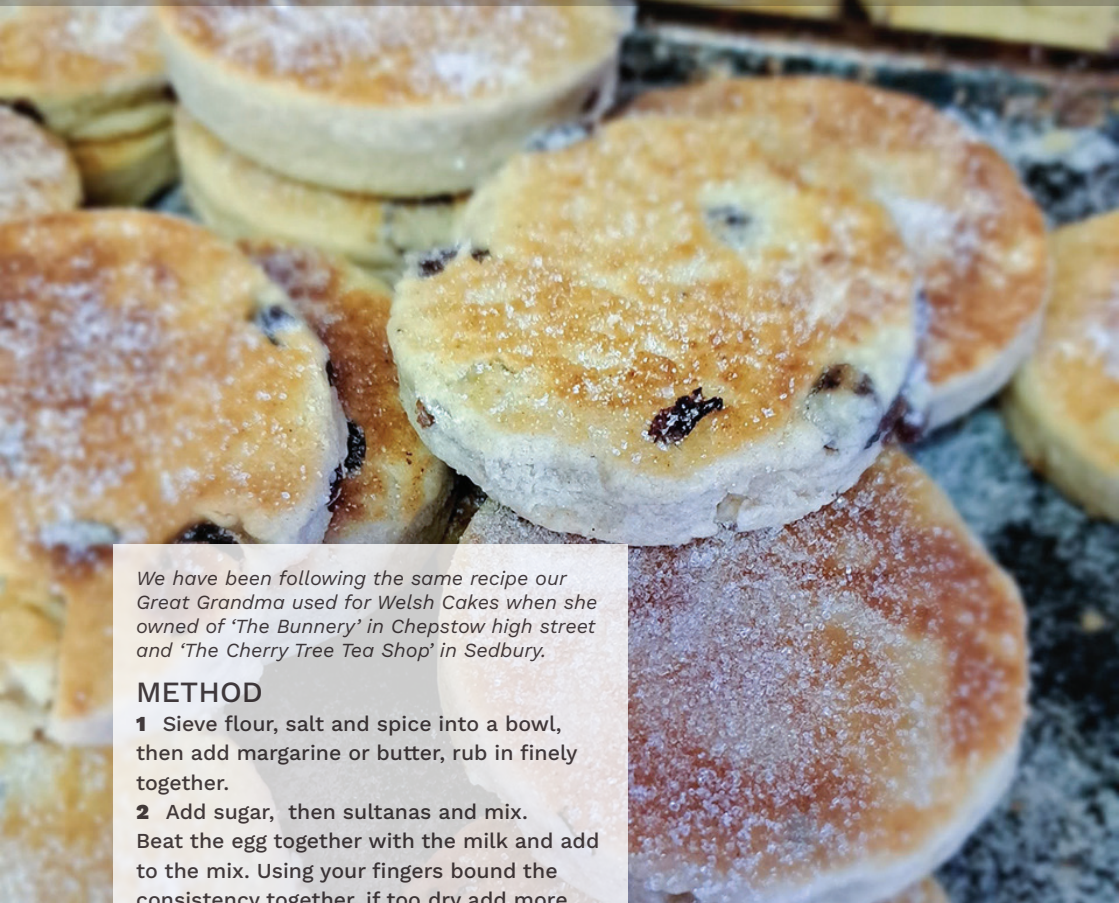


Great Grandma's Welsh Cakes



We have been following the same recipe our Great Grandma used for Welsh Cakes when she owned of 'The Bunnery' in Chepstow high street and 'The Cherry Tree Tea Shop' in Sedbury.

METHOD

- 1** Sieve flour, salt and spice into a bowl, then add margarine or butter, rub in finely together.
- 2** Add sugar, then sultanas and mix. Beat the egg together with the milk and add to the mix. Using your fingers bound the consistency together, if too dry add more milk or another egg.
- 3** Roll out on a floured board, to about a quarter inch thick.
- 4** Cut using a 2-inch (5cm approx) cutter.
- 5** Cook on a greased pan, or, better still, a bake stone, on a medium heat for about 4 to 5 minutes each side.
- 6** The exact cooking length will depend on what you are cooking your Welsh cakes on, but keep a close eye - too short a time and they won't be cooked in the middle, and cooked for too long and they will be dry. When touched during cooking they should feel springy, but not wet to the touch (no mixture should come out of the middle).
- 7** Once cooked dust with caster sugar, serve with Welsh butter and enjoy.

INGREDIENTS

Makes 10 -12 cakes . Prep 10 minutes . Cook 4 - 5 minutes each

8oz / 220g self-raising flour

4oz / 110g margarine or butter

2oz / 55g caster sugar

2 oz sultanas

¼ teaspoon mixed spice

Pinch of salt

1 free-range egg

Tablespoon milk