**Rock cakes**

Put the oven on to 200° C (400° F) or gas mark 6

Grease baking trays **OR** cover them with greaseproof paper – enough to spread out 12 rock cakes – about 6 to a tray

**Ingredients**

250g (8 oz) plain flour

Pinch of salt

10 ml (2 level tsp) baking powder

60g (2 oz) butter or margarine **AND** 60g (2 oz) lard **OR**

4 oz (125g) butter or margarine

125g (4 oz) demerara sugar

125g (4 oz) mixed dried fruit **OR** 2 oz (60g) sultanas, 1oz (30g) raisins, 1oz (30g) currants

Grated rind of 1 lemon **OR** Tablespoon of cut mixed peel

1 egg

1 – 2 tablespoons milk **OR** 1 – 2 tablespoons lemon juice **OR** 1 – 2 tablespoons water

**Tools**

Baking trays

Baking paper or parchment

Scales

Mixing bowl

Small bowl

Blunt knife

2 Forks – beat the egg with one, use the second to mix the dry ingredients. You can then use both forks to make your rock shapes.

Grater (for grating the lemon)

Tablespoon

Teaspoon

**Method**

1. Put the oven on to 200° C (400° F) or gas mark 6
2. Mix together the flour, salt and baking powder
3. Rub in the butter/margarine (and lard) with your fingertips until it looks like breadcrumbs, or use a knife to chop the fat finely
4. Add the sugar, fruit and lemon rind or mixed peel
5. Mix thoroughly
6. Beat the egg with half the milk or water
7. Using a fork, mix in the egg
8. Add the rest of the milk or water (or all the lemon juice) to make a stiff dough
9. Using two forks, make 12 rock shapes on greased baking paper
10. Bake for about 15 – 20 minutes (less if using a fan-assisted cooker (about 12 minutes)), until golden brown
11. Cool on a wire rack and serve fresh