

Rock cakes

Ingredients

225g (8 oz) plain flour
Pinch of salt
10 ml (2 level tsp) baking powder
50g (2 oz) butter
50g (2 oz) lard
75g (3 oz) demerara sugar
75g (3 oz) mixed dried fruit
Grated rind of 1 lemon
1 egg, beaten
milk

Tools

Baking sheets
Baking paper or parchment
Scales
Mixing bowl
2 Forks – beat the egg with it one, use the second to mix the dry ingredients. You can then use both forks to make your rock shapes.
Grater

Method

1. Grease the baking paper and put on baking sheets – enough to have your 12 cakes nicely spread out – about 6 to a sheet
2. Mix together the flour, salt and baking powder
3. Rub in the butter and lard until it looks like breadcrumbs
4. Add the sugar, fruit and lemon rind
5. Mix thoroughly
6. Using a fork, mix in the egg and a little milk to make a stiff dough
7. Using two forks, make 12 rock shapes on greased baking paper
8. Bake at 200° C (400° F), gas mark 6, for about 20 minutes, until golden brown
9. Cool on a wire rack and serve fresh