

Welsh Cakes

- 225g / 8oz self raising flour
- 100g / 4oz butter or margarine
- 75g / 3oz caster sugar
- 50g / 2oz currants or dried fruit
- 1 egg

- extra marg or butter for frying

- extra caster sugar for dusting

Method

1. Sieve flour, and rub in the butter with fingertips until it resembles fine breadcrumbs.
2. Stir in the sugar and fruit.
3. Beat the egg, then stir into the mixture to form a soft, but not sticky dough.
4. Place dough onto lightly floured table and roll out to 0.5cm thickness. Cut out with a medium cutter.
5. Lightly grease, then heat a heavy based frying pan. Fry the Welsh cakes over a low heat, a few at a time, for approx 3 mins each side until golden.
6. Sprinkle with extra caster sugar to serve.

For **Welsh Bakes**, you can bake the cakes in the oven at Gas 6 / 200°C for approx 15 mins.

Variation – add a little grated lemon or orange rind with the dried fruit

