



SKYE BLUE

Kitchens

WELSH CAKES

What you need:

- 225g of Baking Bag mix
- 1 tsp baking powder
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 85g currants
- 120g butter (note 1)
- 1 egg beaten + a splash of milk (note 2)
- Lemon zest of one lemon (optional)



To Make:

Add the baking bag mix, baking powder and spices to a bowl, mix through with a fork. Rub in the butter with your fingers until crumbly like breadcrumbs. Mix through the currants. Work the egg and milk into the mixture until you have a soft dough. Tip the dough onto a lightly floured surface, gently bring together.

Roll the dough to 5mm thickness. Using a 5-6mm cutter, cut out rounds. Re-roll any trimmings.

Bake the Welsh cakes on a medium hot griddle or heavy flat bottomed frying pan for 3 minutes each side until golden brown on both sides and still a little soft in the middle. The trick is to cook them quickly so they stay moist in the middle but don't burn on the outside.

To serve, dust with caster sugar while still hot or serve warm with butter and jam.

Note:

1. For dairy free use Olivani or similar non dairy spread
2. For dairy free use non dairy milk of choice

Tip: Welsh cakes have a crisp outside with a soft, slightly crumbly inside. They are a delicious teatime treat any time. Welsh cakes freeze well.