

Welsh Cakes With Nia Wilson

Ingredients

225g plain flour

85g caster sugar

½ tsp mixed spice

½ tsp baking powder

100g butter, cut into small pieces

50g currants or raisins

1 egg, beaten

Splash milk

Method

1. Tip the flour, sugar, mixed spices, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter until crumbly. Mix in the currants. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as shortcrust pastry.
2. Roll out the dough on a lightly floured work space to the thickness of your little finger. Cut out rounds (or star shapes!) re-rolling any trimmings. Grease a flat griddle pan or a heavy frying pan with butter, and place over a medium heat. Cook the welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through. Delicious served warm with butter and jam, or simply sprinkled with caster sugar. Cakes will stay fresh in a tin for one week.



