

Welsh Cakes

A tasty recipe for Welsh cakes, Best sprinkled with sugar and served with butter.
 Makes 10-12 cakes

Ingredients

Item	Qty	Unit
Caster Sugar	3	oz
Medium Free Range Eggs	1	egg
Original Baking Spread	4	oz
Self Raising Flour	8	oz
Sultanas	1	Cup (284.1g)



Method

Step 1

Sieve flour into bowl, then add margarine or butter, rub in finely together.

Step 2

Add sugar and sultanas and mix.

Step 3

Add 1 egg and mix. The consistency needs to be bound together, so if too dry add another egg.

Step 4

Roll out on a floured board, to about a quarter inch thick.

Step 5

Cut using a 2 inch (approx) cutter, then cook on a greased pan, or bake stone, on a medium heat for about 4 to 5 minutes each side.

Step 6

The exact cooking length will depend on what you are cooking your Welsh cakes on, but keep a close eye - too short a period and they won't be cooked in middle, and cooked for too long and they will be dry. When touched during cooking they should feel springy, but not wet to the touch (no mixture should come out of the middle).

Step 7

Once cooked dust with castor sugar and enjoy.

Allergens

Eggs 	(Medium Free Range Eggs)
Milk 	(Original Baking Spread)
Wheat 	(Self Raising Flour)

Nutrients	Portion <small>(10-12 cakes)</small>	100g
Energy	2719.56kcal	356.74kcal
Salt	3.67g	0.48g
Fat	88.63g	11.63g
Saturated fat	23.84g	3.13g
Carbohydrate	435.04g	57.07g
Sugar	259.08g	33.98g
Protein	38.28g	5.02g
Fibre	22.88g	3.00g