

Welshcake's recipe.

Preparation and cooking time

Prep:10 mins

Cook:6 mins

Easy

Makes 16

Pice ar y maen, a Welsh teatime treat passed on through generations and still as popular as ever. Perfect for making with the children

Easily doubled

Easily halved

Freezable

Nutrition: per cake

Highlight Nutrient Unit

kcal 138

fat 6g, saturates 1g,carbs 20g,sugars 9g,fibre 9g, protein 2g, low in salt 0.13g,

Ingredients

225g plain flour

85g caster sugar

½ tsp mixed spice

½ tsp baking powder

50g butter, cut into small pieces

50g lard, cut into small pieces, plus extra for frying (we substitute lard for butter)

50g currant

1 egg, beaten

splash milk

Method

STEP 1

Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter and lard 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.

STEP 2

Roll out the dough on a lightly floured work surface to the thickness of your little finger. Cut out rounds using a 6cm cutter, re-rolling any trimmings. Grease a flat griddle pan or heavy frying pan with lard, 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 1 week.

Enjoy!