



The Salty Cove Bake Off!



Ask a grown up to make this with you!

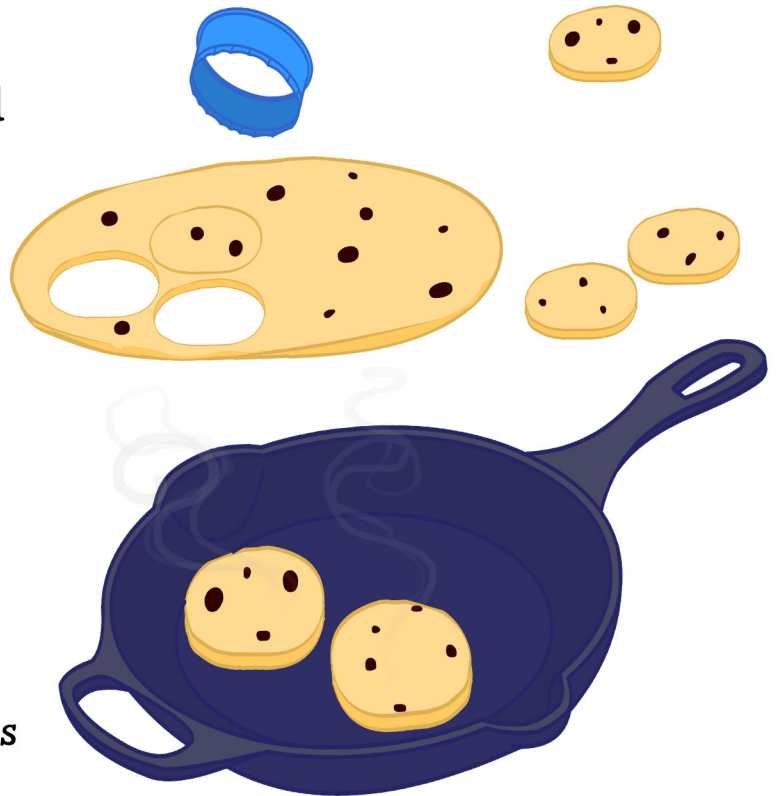
INGREDIENTS

- 225g salted butter or lard
- 450g self raising flour
- 170g caster sugar
- 2 eggs
- 170g sultanas
- caster sugar, for dusting



Mr Morris's Moreish Welsh Cakes

1. In a large bowl, rub the butter into the flour until it resembles breadcrumbs. Add the sugar, eggs and sultanas. Mix with your hands until a firm dough forms.
2. Turn out the dough onto a floured board and roll out until 1cm (1/2 in) thick, then cut into rounds using a fluted cutter.
3. To cook, grease a bakestone or a cast iron pan with butter and then wipe away with kitchen paper. Cook the Welsh cakes for 2 to 3 minutes until a dark caramel colour forms on the underside, then flip over and cook the same on the other side.
4. Enjoy hot or cold. They go great with a cuppa!



Welsh Cakes are a delicacy in my homeland! Traditionally they are cooked on a bake stone, but you can use a skillet or heavy bottomed pan

