

# Welsh Cakes (Bakestones)



## What you need:

## Ingredients

500g self-raising flour (plus extra for dusting)  
75g caster sugar (plus extra to serve)  
1 heaped tsp mixed spice  
250g cold unsalted butter (straight from the fridge)  
pinch of salt\*  
150g sultanas  
1 large egg  
splash of milk\*

## Equipment:

- \*sieve
- \*large Bowl
- \*weighing scales
- \*regular dinner knife (just sharp enough to cut the butter)
- \*fork
- \*rolling pin
- 5cm pastry cutter
- \*large frying pan or griddle
- \*spatula/flipper (a fish slice as Mrs French would say!)
- \*tongs (optional)
- \*wire rack for cooling

## Part 1 – Prepare the Dough

1. Sieve 500g self raising flour into a large mixing bowl
2. Weigh 75g caster sugar and add to the bowl
3. Add 1 heaped tsp mixed spice to the bowl
4. Cut up 250g cold butter into small pieces and add these also to the bowl
5. Make sure your hands are CLEAN and ideally COLD
6. Using your fingertips rub the ingredients together until everything has become fine breadcrumb consistency
7. Weigh 150g sultanas and stir roughly into the breadcrumb mixture
8. Make a well in the centre of your mixture and crack in 1 large egg and a splash of milk, and use a fork to beat together
9. Then again use your (clean!) hands to mix and bring the mixture together until you have a dough. The mixture should be fairly 'short' – a little crumbly still, not elastic – so don't work it together too much.

## Part 2 – Roll & Cut Out

1. Dust your work surface or table and your rolling pin with a little flour
2. Roll out the dough to approx. 1cm thick
3. Use a 5cm or 7cm cutter to cut out as many rounds as you can
4. Scrunch the scraps back together and repeat to use all the dough

## Part 3 – Cooking

1. Put your frying pan or griddle pan on the hob over a medium heat and allow to heat up for a few mins
2. Pop your first Welsh Cake in as a tester – give it a few minutes; if the surface stays very pale the pan is too cool, if it blackens it's too hot
3. When a few mins either side gives you a nice brown Welsh Cake you're good to go and you can cook them all in batches – make sure they're not too crowded together in the pan
4. As soon as they come out of the pan place on the wire rack and sprinkle with sugar (or it might be easier to have a bowl of sugar handy to dip on both sides en-route to the wire rack – a tongs may help)