

Traditional Welsh Cakes

Ingredients

110g/4oz (preferably Welsh) salted butter, chilled, cut into cubes, plus extra for greasing

225g/8oz self-raising flour, sieved, plus extra for dusting

85g/3oz caster sugar

handful of sultanas

1 free-range egg, beaten

milk, if needed

Method

1. Rub the butter into the flour to make breadcrumbs. Add the sugar and sultanas, then stir in the egg. Mix, then form a ball of dough, using a splash of milk if needed.
2. Roll out the dough on a lightly floured surface until it is 5mm/¼in thick. Cut it into rounds using a 7.5cm/3in fluted cutter.
3. You now need a bakestone or a heavy iron griddle. Rub it with butter and wipe the excess away. Put it on a direct heat and wait until it heats up. Place the Welsh cakes on the griddle and cook for 2–3 minutes on each side, or until caramel brown.
4. Remove from the pan and dust with caster sugar while still warm. Some people leave out the sultanas, split them when cool and sandwich them together with jam.

Recipe Tips

Getting the temperature of your griddle or bakestone correct is the key to this Welsh cake recipe. If it's too hot the cakes will burn before they are cooked through. Too low and the texture will be dry.

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Reference: https://www.bbc.co.uk/food/recipes/welshcakes_67264