

How to...

Make Welsh cakes



On 1 March it is St David's Day – the patron saint of Wales. Historians think he was born around AD520 and was said by some to have eaten only leeks and drunk only water. To mark the day, try something nicer than just leeks and water: traditional Welsh cakes. The "cakes" are actually more like flat fruit scones and are also known as "bakestones" or "griddle cakes", after the heavy, flat pan that is used to cook them. They have been popular since the early 19th century and are delicious warm or cold.

WHAT'S FOR TEA?

Another traditional Welsh tea-time treat is *bara brith*, which means "speckled bread" in English.

What you need

(Makes about 12)

- 225g **self-raising flour**, with extra for the plate and work surface
- ½ teaspoon mixed spice
- 100g **butter**, cut into small pieces, with extra for frying
- 85g caster sugar
- 50g currants or sultanas
- 1 **egg**, beaten
- Splash of **milk**
- Sieve
- Large bowl
- Fork
- Small bowl
- Rolling pin
- 6cm cookie cutter
- Large plate
- Heavy frying pan or griddle pan
- Slice or palette knife
- Wire cooling rack



Instructions

1 Put on an apron and wash your hands. Prepare your workspace by gathering your utensils. Measure out the ingredients.

2 Sieve the flour and mixed spice into a large bowl. Cut the butter into small chunks, add it to the flour and, using your fingers, rub the butter into the flour until it looks crumbly and a bit like breadcrumbs.

3 Add the sugar and stir lightly with the fork. Mix in the currants or sultanas. Crack the egg into the small bowl and beat lightly with the fork. Then, make a dip in the flour mixture, pour in the egg and stir, first roughly with the fork then more thoroughly with your hand. Mix until you have formed a ball of dough (use a splash of milk if it's too dry).

4 Roll out the dough on a lightly floured work surface until it is about half a centimetre thick. Cut out rounds using the cookie cutter. Lay the cakes on the large plate dusted with a little flour.

5 You will need a grown-up to help with this bit. Grease the griddle or frying pan with the extra bit of butter and place over a medium heat. Cook the Welsh cakes in batches for about three minutes on one side then turn using a slice or palette knife. Cook for three minutes on the other side, or until golden brown and crisp.

6 Lay each cake on a wire rack (they will get more solid as they cool). Serve them warm with butter or lightly sprinkled with sugar. Any extra cakes can be left to cool completely and stored in a tin for up to a week.

WARNING!

Ask a grown-up to help you when using a hot pan.



Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

Welsh cakes are simple and delicious.

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