

Welsh Honey Cakes



Ingredients:

350g (12 ozs) Self-raising flour
175g (6 ozs) Margarine or butter
110g (4 ozs) Sultanas
1 teaspoon Mixed spice
Pinch of salt
1 Egg, plus one yolk
150g (5 ozs) Honey

Method:

1. Place the flour in a bowl and rub in the fat, mix until the mixture resembles fine breadcrumbs. Add the sultanas, mixed spice and salt.
2. Add the beaten eggs, then add the honey and mix to a dough.
3. Roll out to 5 mm (1/4 inch) thickness on a well floured board, cut into rounds with a 7.5 mm (3 inch) cutter.
4. Place a griddle or a heavy based frying pan on a moderate heat and grease lightly. Cook the Welsh Cakes for about 3 minutes on each side until golden brown.
5. Leave to cool on a wire rack.

Makes approximately 24 cakes