

# Welsh Cakes



## Ingredients:

300 g (10 oz) Plain Flour  
1 ½ tsp Baking Powder  
120 g (4 oz) Sugar  
¼ tsp Nutmeg (Or Allspice)  
½ tsp Salt  
170 g (6 oz) Butter  
100 g Sultanas  
2 Eggs, beaten  
60 ml Milk

## Directions:

1. In large bowl, sift flour, baking powder, sugar, nutmeg & salt. Mix well.
2. Cut in butter & blend into dry ingredients until the mixture appears like coarse breadcrumbs. Add sultanas, beaten eggs & milk; mix into soft dough.
3. Turn out onto lightly floured surface, roll out gently (will be a soft dough) to about 1/2cm thick. Cut out pancakes using a 6cm cutter.
4. Preheat electric griddle pan to 180 degrees C or heat a heavy non-stick frying pan to medium heat.
5. Lightly grease griddle or pan with a knob of butter.
6. Place cakes on griddle and allow to cook for 2 -3 minutes or until golden. Flip over to cook the other side.
7. You can add a sprinkle of sugar at this point, if desired. Place on plate to cool and serve warm.

Serves 10

Nutrition per serving:

**Prep Time:** 15 mins    **Cooking Time:** 10 mins



For all the demo recipes visit:  
[www.uwe.ac.uk/stayinghealthy](http://www.uwe.ac.uk/stayinghealthy)

Brought to you by  
**UWE Hospitality and Catering**



Find us on  
**Facebook**

