

# Picau ar y maen Gareth (rysáit fy Mam-gu)

## Gareth's Welsh Cakes (my nan's recipe)



Every family in Wales has their own 'special' recipe for Welsh Cakes, this is our family one – well just about, we cannot share all our secrets so there are a couple of the Davies Family extras missing!!

I have a bakestone that used to be my Grandmothers, it is right that her recipe is cooked on it. If you don't have a bakestone a solid based frying pan will do.

### Ingredients

- 225g/8oz self-raising flour, sieved
- 110g/4oz (preferably Welsh) salted butter
- 1 egg
- handful of sultanas
- milk, if needed
- 85g/3oz caster sugar
- extra butter, for greasing

### Method

My nan always said that “you should make Welsh Cakes with love and they will taste so much better”.

1. Rub the fat into the sieved flour to make breadcrumbs. Add the sugar, dried fruit and then the egg. Mix to combine, then form a ball of dough, using a splash of milk if needed.
2. Roll out the pastry until it is a 5mm/¼in thick and cut into rounds with a 7.5-10cm/3-4in fluted cutter.
3. Rub the bakestone or griddle with butter and wipe the excess away. Put it on to a direct heat and wait until it heats up, place the Welsh cakes on the griddle, turning once. They need about 2-3 minutes each side. Each side needs to be caramel brown before turning; although some people I know like them almost burnt!!!
4. Remove from the bakestone and dust with caster sugar while still warm. Some people leave out the dried fruit and split them when cool and sandwich them together with jam, but that tends to be close to the border with England!!

