



Recipes

WELSH CAKES

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| 1 cup (250 mL) dried currants | 1/8 tsp (0.5 mL) salt |
| Boiling water | 1/2 cup (125 mL) butter, chilled and cubed |
| 2 cups (500 mL) flour | 1/2 cup (125 mL) shortening, chilled and cubed |
| 1/2 cup (125 mL) sugar | 3 eggs, beaten |
| 2 tsp (10 mL) baking powder | Cinnamon, optional |
| 1 1/2 tsp (7 mL) nutmeg | Sugar, optional |

Place currants in a bowl; pour enough boiling water over currants to cover. Let stand until currants are softened, about 10 - 15 minutes; drain. Pat dry with paper towels; set aside.

Combine flour, 1/2 cup (125 mL) sugar, baking powder, nutmeg and salt in a bowl. Cut in butter and shortening with a pastry blender until mixture is crumbly. Add beaten eggs to flour mixture and stir just until combined. Dough will be soft. Stir in currants.

On a well-floured surface, roll out dough 1/8 inch (3 mm) thick. Using a floured 2 inch (5 cm) cookie cutter, cut dough into rounds.

Heat a large nonstick griddle over medium heat. Cook cakes in batches until browned, about 1 - 2 minutes per side. While cakes are still hot, sprinkle with cinnamon and additional sugar. These are best when freshly prepared and served while still warm. *Makes about 6 dozen.*

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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