

Soul Cakes



Ingredients

340g plain flour (sifted)
170g sugar
170g butter (softened & diced)
1/2 tsp ground cinnamon
1/2 tsp ground mixed spice
1/2 tsp ground nutmeg
1 egg (beaten)
2 tsp of white wine vinegar

How to make your cakes:

1. Preheat the oven to 200C and grease 2 flat baking trays. Thoroughly mix all the dry ingredients into a mixing bowl – sifted flour, spices, and sugar. Rub in the diced butter until the mixture resembles fine breadcrumbs. Add in the beaten egg and white wine vinegar and mix with a wooden spoon until a firm dough is made. Then cover it and put it in the fridge for 20 minutes.
2. Flour a working surface and roll out the dough to 7mm thick. Using a large round pastry cutter, cut into circles (optional: use a straight edge to press into, and then draw a cross shape, in the top of the dough). Place these circles on the greased baking tray and bake in the oven for 15 to 20 minutes at 200C until slightly coloured.
3. Serve warm or cold.



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