



RECIPES

Use EITHER imperial or metric measure, but do not mix

RECIPE A - FRUIT CAKE

8oz (225g) currants
8oz (225g) sultanas
8oz (225g) raisins
4oz (110g) chopped mixed peel
4oz (110g) glace cherries (halved)
8oz butter or margarine
8oz (225g) soft brown sugar
8oz (225g) self raising flour
3-4 eggs
Milk if required
Pinch of salt

METHOD

Grease and line an 8 inch tin. Prepare fruit, mix with sieved flour and salt. Cream fat and sugar together and beat in the eggs one at a time. Fold in the flour and fruit mixture. If necessary add enough milk to give a dripping consistency. Put in the prepared tin and bake in a moderate oven for 3½ to 4 hours.

RECIPE B - CHERRY CAKE

5oz (140g) sugar
4oz (110g) margarine
4oz (110g) cherries (washed, dried and quartered)
8oz (225g) self raising flour
2 eggs

METHOD

Cream margarine and sugar together. Add eggs one at a time and beat well. Add the cherries and sieved flour. Place in a round tin (approx 7 inch) or a 2lb loaf tin. Bake in a moderate oven for approximately 1 ¼ hours.

RECIPE C - SPONGE CAKE - ROUND TIN

4oz (110g) self raising flour

4oz (110g) butter or margarine

4oz (110g) sugar

2 eggs

Milk if required

METHOD

Cream fat and sugar together. Add eggs one at a time. Fold in flour. Spread the mixture into a greased tin. Bake in a moderate oven for 30 - 40 minutes. When cool, slice one cake into two pieces and spread jam. Dust with caster sugar.

RECIPE D - SCONES

8oz (225g) self raising flour

2oz (50g) caster sugar

2oz (50g) butter or margarine

2oz (50g) fruit

1 egg beaten

Milk to mix

METHOD

Rub fat into flour until crumbly. Add sugar. Stir in fruit and mix well together. Add egg and sufficient milk to make a firm paster. Roll to half an inch thickness and cut. Brush with egg and bake in a hot oven for 10 - 15 minutes.

RECIPE E - PARKIN

8oz (225g) oatmeal

4oz (110g) self raising flour

1 tsp ground ginger

4oz (110g) brown sugar

4oz (110g) butter or margarine

4oz (110g) golden syrup

4oz (110g) black treacle

1 large egg beaten

1 tbsp milk

METHOD

Mix the dry ingredients together. Melt syrup, treacle and butter together. Stir the warm mixture into the dry ingredients. Add the beaten egg and milk and mix well. Pour into a greased and lined tin either 7 inch square or 2lb loaf tin. Bake in slow oven at gas mark 1, 275F or 140°C for 1½ hours.

RECIPE F - ROCK BUNS

8oz (225g) self raising flour

3oz (80g) margarine

3oz (80g) currants

3oz (80g) sugar

1 egg

1 tbsp milk

Pinch of salt

METHOD

Sift salt and flour in together. Rub margarine into flour until crumbly. Stir in sugar and currants. Bind into a stiff dough with eggs and milk. Form into 6 'rocky' heaps on a greased baking tray. Bake in a hot oven for 35 minutes.

ALWAYS TAKE CARE WITH A HOT OVEN.

GET AN ADULT TO HELP YOU WHEN USING THE OVEN.