

Rock Cakes



Ingredients:

200g Self-Raising Flour

75g Block Butter

75g Caster Sugar

75g Mixed Dried Fruit

1 Egg



You will need to bring a container to take your rock cakes home in.

Method:

1. Preheat the oven to 220°C or Gas Mark 7.
2. Weigh and measure out all ingredients accurately.
3. Line a baking tray with greaseproof paper.
4. Sieve the flour into a large mixing bowl.
5. Cut the butter into small even size pieces and place in the large bowl with the flour.
6. Rub the butter into the flour using fingertips until the mixture resembles breadcrumbs. To ensure there are no lumps, shake the bowl and any will rise to the top.
7. Stir in the caster sugar and dried fruit with a round bladed knife.
8. Crack the egg into a small bowl and beat lightly with a fork.
9. Make a well in the middle of the flour mixture and carefully add the egg a little at a time, stir with a round bladed knife.
10. Mix to form a soft, yet firm, dough. If the dough is too dry add a few drops of water.
11. Using 2 dessert spoons, divide the dough into 8 'rocks' and place evenly spaced on a baking tray.
12. Bake for 12 to 15 minutes, until golden brown.
13. Remove from the oven and allow to cool on a cooling rack.

