Ifona's Welsh Cakes

Ingredients

250g Fate Low Protein All-Purpose Mix

125g block margarine

75g dried mixed fruit

75g caster sugar

1 teaspoon baking powder

½ teaspoon grated nutmeg (grated from a whole nutmeg if possible)

60ml water

Extra Fate Low Protein All-Purpose Mix to shape

Little butter or margarine for cooking

Little extra caster sugar to sprinkle

Method

1. Place the Fate All-Purpose Mix and baking powder into a mixing bowl. Rub in the margarine until the mixture resembles breadcrumbs.
2. Stir in the grated nutmeg, caster sugar and fruit. Pour in the water and stir well until blended well. You might find it easier to use your hands to bring the mixture together.
3. Lightly dust the work surface with extra Fate All-Purpose Mix, and roll out the mixture to about 1½cm (½") thick. Cut into rounds using a 6cm (2½") pastry cutter.
4. Place a baking stone, griddle or a thick based frying pan over a low to medium heat. Grease it with a little butter or margarine.
5. Cook the Welsh cakes, a few at a time, turning each one when they begin to brown.
6. Leave to cook gently until they are firm, golden and cooked through.
7. Place on a wire rack to cool. Sprinkle with a little caster sugar.
8. The Welsh cakes keep for a couple of days in an airtight tin, or store them in the freezer. They freeze well.

