

Welsh Cakes

Author: Adapted from Redbook Magazine, December, 1981 (a recipe from Blodwyn Lewis) via one of my readers, Toni-Anne, who lives in Buckinghamshire



2 cups all-purpose flour
 1/2 cup sugar
 1/2 teaspoon salt
 2 teaspoons baking powder
 1/2 cup butter, cold, diced
 1/2 cup golden raisins, or currants
 1 large egg
 1/3 cup heavy cream, or more if needed (or milk)
 About 1/4 cup flour to sprinkle on the work surface

About 2 T. granulated sugar for sprinkling on top

Per Serving (excluding unknown items): 209 Calories; 10g Fat (42.2% calories from fat); 3g Protein; 28g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 238mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Notes: If you only get 10-11 Welsh cakes, you may have made them thicker than mine, so they'll take another minute or so per side. You'll get the hang of it after you've done one batch of these.

1. In the bowl of a food processor combine the flour, sugar, baking powder and salt. Pulse a few times to mix and lighten the mixture.
2. Add the cold, cubed butter and pulse until the mixture is coarse crumbs, with some small pieces of butter still visible.
3. Pour this mixture out into a medium-sized bowl. Add raisins and mix gently.
3. Whisk the egg, stir in the heavy cream and add to the flour mixture. Using a wooden spoon, stir to combine and if needed, add more liquid (a teaspoon at a time) until the mixture will come together into a ball.
4. Gently pat the dough into a large oval, then use a rolling pin to roll it out flat, using as few strokes as possible. The less you handle the dough the more light the cakes will be. Roll the dough until it's about 1/4 to 3/8 inch thick and use a 3-inch cookie or biscuit cutter to make uniform pieces.
5. Meanwhile, preheat an electric skillet (or a flat griddle on your stove) to 350°. Place the cakes on the hot pan and leave them alone for about 3-4 minutes, depending on the temperature, until one side is golden brown. Gently turn them over and continue cooking on the second side for another 3-4 minutes. Break one in half to make sure they're done in the middle.
6. Remove to a cooling rack and sprinkle a little pinch of granulated sugar on the top of each Welsh cake. Serve immediately, or cool and freeze. Ideally, serve them just barely warm. I make them ahead and when I'm ready to serve I slip them back into the electric skillet for about one minute, lid on, just to barely heat them through. They require no adornment (no butter or jam needed).