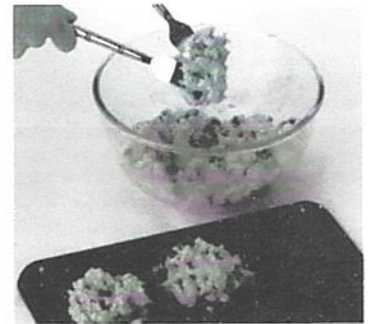


CHERRY AND SULTANA ROCK CAKES



Rock cakes are always popular and they are very quick and easy to make. To be at their best, they should be eaten the day they are made.



MAKES 10

85 g/3 oz butter, diced and chilled,
plus extra for greasing
250 g/9 oz self-raising flour
1 tsp ground mixed spice
85 g/3 oz golden caster sugar
55 g/2 oz glacé cherries, quartered
55 g/2 oz sultanas
1 egg
2 tbsp milk
demerara sugar, for sprinkling

Preheat the oven to 200°C/400°F/Gas Mark 6. Lightly grease a baking sheet. Sift the flour and mixed spice together into a bowl. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Stir in the caster sugar, cherries and sultanas.

Break the egg into a bowl and whisk in the milk. Pour most of the egg mixture into the dry ingredients and mix with a fork to form a stiff, coarse dough, adding the remainder of the egg mixture if necessary.

Using 2 forks, pile the dough into 10 rocky heaps on the prepared baking sheet. Sprinkle with demerara sugar.

Bake in the preheated oven for 10-15 minutes, or until golden and firm to the touch. Leave to cool on the baking sheet for 2 minutes, then transfer to a wire rack and leave to cool completely.