



SAVOURY WELSH CAKES

INGREDIENTS

150g plain **flour**

100g wholemeal plain **flour**

1 teaspoon **baking powder**

100g **margarine**

50g reduced fat mature cheddar **cheese** –
finely grated

½ teaspoon mixed herbs

1 large **egg** - beaten
flour for rolling

EQUIPMENT

mixing bowl, table knife, teaspoon,
rolling pin, table knife, small bowl,

Fork, 8cm pastry cutter,

non-stick frying pan, palette knife

cooling rack

MAKES: 10-12

PREP TIME: 20 minutes

COOK TIME: 25 minutes

ALLERGENS: cereals containing gluten,
egg

METHOD

- 1** Put the flour and margarine into the mixing bowl. Using a table knife cut the margarine into small pieces.
- 2** With your fingertips, rub the margarine/butter into the flour until it resembles breadcrumbs. Add the cheese and mixed herbs. Stir to combine ingredients. Make a 'well' in the centre.
- 3** Crack the egg into the small bowl* and beat it with the fork. Add enough egg to the dry mixture to form a dough. (*Always wash your hands thoroughly after touching raw egg.)
- 4** Shape the dough into a round and place on a floured work surface. Roll the dough to 1cm thickness. With the cutter, press out 10 – 12 individual circles.
- 5** Heat the frying pan (low-medium heat) and cook the Welsh Cakes for 3 – 4 minutes each side. Reduce the heat if they brown too quickly. This will allow the inside to cook through thoroughly.
- 6** Serve warm with a bowl of homemade soup.



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