

Rock Cakes

Brigades @ Home – 12/03/2021

Preparation time: 30 minutes

Cooking time: 15-20 minutes

Overall inc. cooling: 1.5 hours

Makes: approximately 12 cakes

Ingredients

225g Self-raising flour

75g Caster sugar

1 tsp Baking powder

125g Unsalted butter, cubed

150g Dried fruit

1 Egg

1 tbsp Milk

2 tsp Vanilla extract

Method

1. Preheat the oven to 180°C, 160°C fan, gas mark 4
 2. Line a baking sheet with greaseproof paper
 3. Weigh the flour, sugar, and baking powder in a large bowl
 4. Add the cubed butter and rub in until the mixture looks like breadcrumbs
 5. Mix in the dried fruit
 6. In a mug or small bowl beat the egg, milk, and vanilla extract together
 7. Add the egg mixture to the dry ingredients. Mix together until it comes to together as a dough
 8. Make golfball-sized balls of the mixture and put them on the baking sheet, spread out
 9. Bake for 15-20 minutes until they are golden brown – they will spread and flatten
 10. Leave on a cooling rack to cool thoroughly
 11. Store in an airtight container
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Ingredients

- 225g Self-raising flour
- 75g Caster sugar
- 1 tsp Baking powder
- 125g Unsalted butter
- 150g Dried fruit
- 1 Egg
- 1 tbsp Milk
- 2 tsp Vanilla extract



Utensils

- Large bowl & Scales
- Wooden spoon & Mug
- Cooling rack & Fork
- Greaseproof paper
- Baking sheet
- Oven 160°C fan, gas 4



1.
Line the baking sheet with greaseproof paper



2.
Weigh the 225g of self-raising flour into the large bowl



3.
Weigh the 75g of caster sugar into the large bowl with the flour
Add the 1 tsp of baking powder and mix together



4.
Weigh the 125g of cubed butter into the large bowl with the flour mixture



5.
Rub the butter into the flour between your fingertips until the mixture looks like breadcrumbs



6.
Weigh the 150g of dried fruit into the large bowl with the "breadcrumbs"



7.
Mix the dried fruit in thoroughly



8.
Crack the egg into a mug and add the 1 tbsp of milk and 2 tsp of vanilla extract



9.
Beat the ingredients together thoroughly



10.
Add the egg mixture into the dry ingredients in the large bowl



11.
Mix the egg in using the wooden spoon, bringing the mixture together into a ball of dough



12.
Roll chunks of dough into balls about the size of a golf ball
Space the balls out on the baking sheet as they will spread and flatten while they cook
Bake for 15-20 minutes until golden brown



13.
Allow the rock cakes to cool completely on the cooling rack



14.
Enjoy
Store any remaining cakes in an airtight container

