

Fruity Rock Cakes

Rock cakes originated in Britain and were traditionally eaten at teatime. During the Second World War, the Ministry of Food promoted these treats because they were made using less sugar and fewer eggs than ordinary cakes, which made them ideal bakes during rationing.



Egg, milk, sulphites and wheat (gluten)*

Nutritional information per cake (41g):

Energy 550kJ 131kcal 7%	Fat 4.6g 7%	Saturates 1.2g 6%	Sugars 9.1g 10%	Salt 0.27g 4%
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of an adult's reference intake.
Typical values per 100g: energy 1341kJ/320kcal.

Equipment

Baking tray
Baking parchment or greaseproof paper
Weighing scales
Sieve
Large mixing bowl
Measuring spoons
Small bowl
Table knife
Fork
Oven gloves
Cooling rack

Ingredients

Makes 12
200g self-raising flour
75g unsaturated fat spread
25g caster sugar
100g mixed dried fruit
¼ x 5ml spoon mixed spice
OR grated nutmeg
1 large egg
2 x 15ml spoons semi-skimmed milk
2 x 5ml spoons demerara sugar

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Pour the milk into the flour a little at a time to prevent lumps.
- For lighter cakes, handle the dough as little as possible.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Line the baking tray with baking parchment or greaseproof paper.
3. Sift the flour into the large mixing bowl and add the spread. Rub in with your fingertips until it resembles breadcrumbs.
4. Add the sugar, dried fruit and mixed spice or nutmeg and mix together.
5. Crack the egg (using the back of a table knife) into a small bowl. Whisk with a fork, add the milk and whisk again. Pour the milk mixture into the dry ingredients a little at a time and mix together until it makes a soft dough.
6. Divide the mixture into 12 rough mounds and place them on the baking tray with space between them as they will spread as they bake. Sprinkle each with demerara sugar.
7. Cook for 15–20 minutes until golden brown on top. Leave to cool on the tray for a few minutes and transfer to a cooling rack.

Something to try next time

- Substitute 50g of the flour with 50g of rolled oats to give a great oaty taste. Add ½ x 5ml spoon of baking powder to make sure they still rise properly.
- Add 50g of dried cranberries, 50g of sultanas and the zest of an orange instead of the mixed dried fruit.

Prepare now, eat later

- Store for up to 48 hours in an airtight container. Reheat in a hot oven for 3–4 minutes to crisp them up again.
- Freeze for up to 3 months in an airtight container. Defrost thoroughly before reheating.

Skills used include:

Weighing, measuring, sifting, whisking, mixing/combining and baking.