

Rock Cakes recipe – *please use specified recipe and ingredients only*

200g/7oz self-raising flour

1 tsp baking powder

1 ½ tsp mixed spice

100g/4oz butter

85g/3oz light muscovado sugar or caster sugar

100g/4oz mixed dried fruit

1 egg beaten

2 tbsp/30ml milk

demerara sugar or roughly crushed sugar cubes, for sprinkling.

Heat oven to 180C/160C fan/gas 4. Line a baking sheet with baking parchment. Tip the flour, baking powder and 1 tsp spice into a bowl. Add the butter, cut into small pieces. Rub the butter into the flour until the mixture forms fine crumbs (or do this in the food processor).

Stir in the muscovado sugar and fruit, then add the egg and milk. Mix to a fairly firm dough. Spoon 10 rough blobs of the mixture onto the baking sheet, leaving room for a little spreading. Mix together the sugar and remaining mixed spice and sprinkle over the cakes. Bake for 20-25 mins until golden brown.

Condensed Milk Cake (from 1946)

This recipe was originally published in The Ministry of Food leaflet 21 "Making the most of sugar" from December 1946. Using condensed milk in place of sugar, condensed milk cakes were popular during the war when sugar was severely rationed.

75g/3oz butter or margarine

225g/8oz self raising flour OR 225g/8oz plain flour with 2 teaspoons baking powder

75g/3oz raisins or sultanas or mixed dried fruit

1 tablespoon marmalade or golden syrup

6 tablespoons condensed milk made up to 150ml/1/4 pint with water

2 eggs, beaten

1. Rub the butter or margarine into the flour and add the baking powder if using.
2. Add the dried fruit and mix to a soft consistency with the marmalade, condensed milk mixture and beaten eggs.
3. Spoon into a greased and/or lined 15cm/6" round cake tin (or a loaf tin) and bake in a moderate oven (180C / 350F / Fan 160C / Gas 4 for 45 minutes or until a skewer inserted into the middle of the cake comes out clean).
4. Cool on a wire rack.