

Tudor cooking workshop

Excellent small cake

Ingredients:

Flour

Butter

Spices (cinnamon, ginger, or mixed spice work well)

Currants (or other fruit, fresh or dried)

Egg

Small ale (for school workshops we use water not beer)

Method:

Heat the griddle on a trivet over the fire. Put the flour in a bowl. Rub in some butter. Add spices and a little dried fruit. Stir well. Add the egg and a little small ale. Mix to a firm dough. Add more ale or flour if consistency isn't right. Roll out on floured board to 1cm thickness. Grease the griddle with butter. Cut the cake into quarters and put on the griddle. Cook for a few minutes on each side until browned. Drizzle with honey or spread with butter before serving.