

Breads

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Scones

1 Lb Flour (approx. 2 cups)

1 tsp Baking Powder

3/4 tsp Salt

2 Oz Sugar (approx 4 Tbs)

3 Tbs Margarine or Butter

2/3 Cup Milk

1 Beaten Egg

1 Cup Fruit

Sift together Flour, Baking Powder, Sugar & Salt. Cut in the Butter. Add Beaten Egg and enough Milk to make a soft dough. Knead for about 2 minutes. Either roll out 1/2" - 3/4" thick and cut into circles or drop by spoon onto ungreased cookie sheet. Bake at 450} for 10 - 12 minutes.

Serving Suggestions

The recipe suggested serving them dredged "thickly" with sugar, split and well buttered. My personal favorite is with heavy cream.

You can also add about a Tablespoon of Rum flavoring (or the real thing, if you are so inclined) to 1 Pint Cream. This adds a nice flavor that marries well with most fruits.

Another option is making a thin glaze of Powdered Sugar and Water with a smidgen of Vanilla and spooning over the top. This is a nice way of compensating for tart berries without compromising the flavor of actual scones.

Basic Scones

2 cups self rising flour

1/4 tsp salt

1/4 cup butter

2/3 cup milk

1/4 cup castor (powdered) sugar

1/2 cup currants

Sift together dry ingredients. Rub in butter and add fruit. Add milk to make a soft rolling consistency. Knead on lightly floured board. Roll out and cut into 1/2" thick rounds. Bake at 425 for 10 minutes or until scones feel firm when gently pressed at the sides.

Dumplings

½ tsp salt
4 cups flour
¾ cup butter
1 cup water

Mix flour and salt. Mix in butter and blend well, until dough is crumbly. Add water and knead into a still dough. Drop by the spoonful on top of stew or soup and cook covered for 10-20 minutes or until no longer doughy in the middle. You may also roll dough out to 1/8" thickness on a lightly floured board, cut into circles and bake on a lightly greased baking sheet for 10-15 minutes at 325.

Cage Bach

(Welsh Cakes)

SWEET

2 cups flour
½ cup butter
½ cup sugar
½ grannie smith apple
pinch cinnamon
1 large egg
dash apple juice

Rub butter, flour and sugar to fine crumbs. Add spice. Make a well and add egg & fruit. If still too dry, add apple juice. Batter should be about cookie dough texture. Form into cakes & fry on medium heat on both sides like a pan cake.

SAVORY

2 cups flour
½ cup butter
¼ cup sugar
1 large egg
½ package spicy ground sausage

Fry and crumble sausage. In a separate bowl, rub butter, flour and sugar to fine crumbs. Make a well and add egg. Mix well, then add sausage with grease. Batter should be about cookie dough texture. Form into cakes & fry on medium heat on both sides like a pan cake.

Leek Pasties

12 large leeks (whites only)
1 tsp lemon juice
1 tsp sugar
pinch of salt
dash of cream (optional)
1 egg yolk
½ lb bacon (optional)

Pastry:

4 cups flour
1 cup butter or lard
1 tsp baking powder
pinch of salt
½ cup cold water

If using bacon, fry strips until done, but not crisp. Cut or break into bite size pieces. Clean and trim leeks well. Trim the green ends, then make a cross on the cut. Stand them in a deep jug of water, green end down, and leave for several hours (a water pitcher works nicely for this). Cut the white part into 1 inch pieces and cook them in salted boiling water for about 4 -5 minutes. Drain well and cool.

Make the pastry by rubbing the fat into the flour and salt, then add the water slowing, mixing well. You may not need all of the water. Turn out onto floured board and roll out to about ½ inch thickness. Cut into oblongs about 6 inches by 4 inches. You may also just divide the dough into 12 pieces and flatten into an oval with your hands. Allow 1 large leek per pasty, laying it along the middle of the pastry. If using cream, add a very little to each pasty just to moisten it. If using bacon, divide evenly between pasties then sprinkle with salt. Wet edges with a little water and seal. Brush over with beaten egg yolk.

Bake for 15 - 20 minutes at 375.

Welsh Rarebit

4 slices of bread
2 tbsp butter
1 tsp prepared mustard
1/4 tsp salt
1/4 tsp Worcestershire sauce
6 oz cheese, grated
2 tbsp milk

In a bowl, cream the butter well and stir in the mustard, salt, pepper, Worcestershire sauce, cheese and milk. Toast the slices of bread on one side, spread the mixture on untoasted side and brown under broiler.

Skirlie

2 cups oatmeal (rolled oats)

2 finely chopped onions

Salt and pepper to taste

1 package bacon

1 Granny Smith apple, chopped

Cook bacon in frying pan. When finished, add the onions to the grease and lightly brown them. Stir in the oatmeal. It will make a fairly thick mixture. Add the crumbled bacon and apple pieces. Cook over a medium low heat for 5-10 minutes, stirring constantly. Salt and pepper to taste.

This can be served now, or used as a stuffing in a chicken or other fowl. When used to stuff a chicken, the juices combine nicely with the flavor of the skirlie. I know it sounds odd, but people keep asking for i