



# Recipes



# Welsh Cakes

Enjoy these yummy Welsh cakes from our [Welsh Fare Website](#)



Handled iron bakestone – Life Is gallery, St Fagans National Museum of History

## You will need:

- A bowl and board
- A wooden spoon
- A bakestone or frying pan
- A rolling pin and cutter

## Ingredients:

- 454g plain flour
- 170g lard or butter
- ½ tsp salt
- 112g sugar
- 112g currants
- ½ tsp bicarbonate of soda
- 285ml sour buttermilk or milk

# Welsh Cakes

## Instructions

### Step 1

Rub the butter into the flour and add all the other dry ingredients.

### Step 2

Dissolve the bicarbonate of soda in the sour buttermilk or milk and work into the dry ingredients to make a soft dough



### Step 3

Turn out on to a floured board, roll out until it is about a quarter of an inch thick and cut into small rounds

### Step 4

Bake both sides on a very lightly greased bakestone or frying pan over a moderate heat



# Chocolate Fridge Biscuits

**Chocolate “fridge” biscuits: a quick and simple recipe for a yummy treat or a special occasion.**

**Serves 8 to 10 people**



Frears Limited biscuit tin, National Museum Wales

## Ingredients:

- 225g plain biscuits
- 85g butter/margarine
- 1 tbsp sugar
- 1 tbsp golden syrup
- 2 tbsp cocoa
- 55g plain chocolate

# Chocolate Fridge Biscuits

## Instructions

### Step 1

Crumble the biscuits, by using a mixer or by putting them in a polythene bag and crushing with a rolling pin.

*Remember to ask a grown up to help you with this part*

### Step 2

Put the butter/margarine, sugar, syrup and cocoa into a saucepan and melt gently over a low heat. Be careful not to let it boil!

### Step 3

Mix it all together and press into a sandwich tin. Allow to cool.

### Step 4

Now melt the chocolate carefully in a pan and pour over the top. Sprinkle with 100's and 1000's, crushed nuts, chocolate chips, raisins or other toppings of your choice and put in the fridge

### Step 5

Leave to cool for at least 3 hours. When ready to serve take it out and carefully cut into squares.



# Frozen Fruit Lollies

Enjoy these delicious frozen fruit lollies.

We've used natural yogurt, but for an extra treat why not try milk or white chocolate as an alternative dip?



*Still Life With Teapot, Paul Cézanne, National Museum Cardiff*

## You will need:

- 6 Lolly sticks
- A baking tray

## Ingredients:

- 2 bananas
- 100g natural yoghurt
- 2 tbsp freeze-dried raspberries
- 6 strawberries
- 2 tbsp hundreds and thousands
- 2 tbsp milk chocolate chips

# Frozen Fruit Lollies

## Instructions

### Step 1

Peel the bananas and trim off the ends. Cut each banana into two chunks. Wash the strawberries and cut in half.

### Step 2

Make the lollies in any way you'd like. We threaded strawberry halves on a lolly stick before adding banana, on others just a banana and made some strawberry only lollies.

### Step 3

Place on a baking tray and freeze for 1 hour

### Step 4

Put the yoghurt in a tall glass then dip each lolly in the yogurt and cover with your chosen topping. Refreeze until set. Enjoy!



# Easy Peasy Banana Oat Cookies

**Enjoy these yummy cookies!**

**We've used sultanas but you could add other ingredients.**

**Why not try milk choc chips or cranberries?**



Derwen Bakehouse – St Fagans National Museum of History

## **You will need:**

- A bowl
- A wooden spoon
- A baking tray
- Baking paper
- A fork

## **Ingredients:**

- 2 large ripe bananas
- 120g oats
- 80g sultanas

# Easy Peasy Banana Oat Cookies

## Instructions

### Step 1

Mash the bananas in a bowl with a fork, mix in the oats with a wooden spoon and then add the sultanas.



### Step 2

Roll the mixture into balls & place on the lined baking tray, evenly spread.

### Step 3

Using your fingers or fork press on the oat balls to flatten and bake for 18 minutes on gas 5, 170°C fan or 190°C until golden brown.



# Pancakes

Enjoy these yummy pancakes from our [Welsh Fare Website](#)

Why not make them savoury and add some chives & cheese into the mix!



Baking lightcakes. Kennixton, St Fagans National Museum of History.

## You will need:

- A bowl
- A wooden spoon
- A bakestone or frying pan
- A sieve

## Ingredients:

- 450g plain flour
- 28g butter
- 28g lard
- 4 eggs
- A little milk
- Currants (if desired)

## Instructions

### Step 1

Sift the flour into a bowl. Melt the butter & lard, pour into a well in the centre of the flour.

### Step 2

Beat the eggs, add a little milk and gradually

### Step 3

Pour into the flour, beating well to make a thick, creamy batter. Then add a little water and beat again.



### Step 4

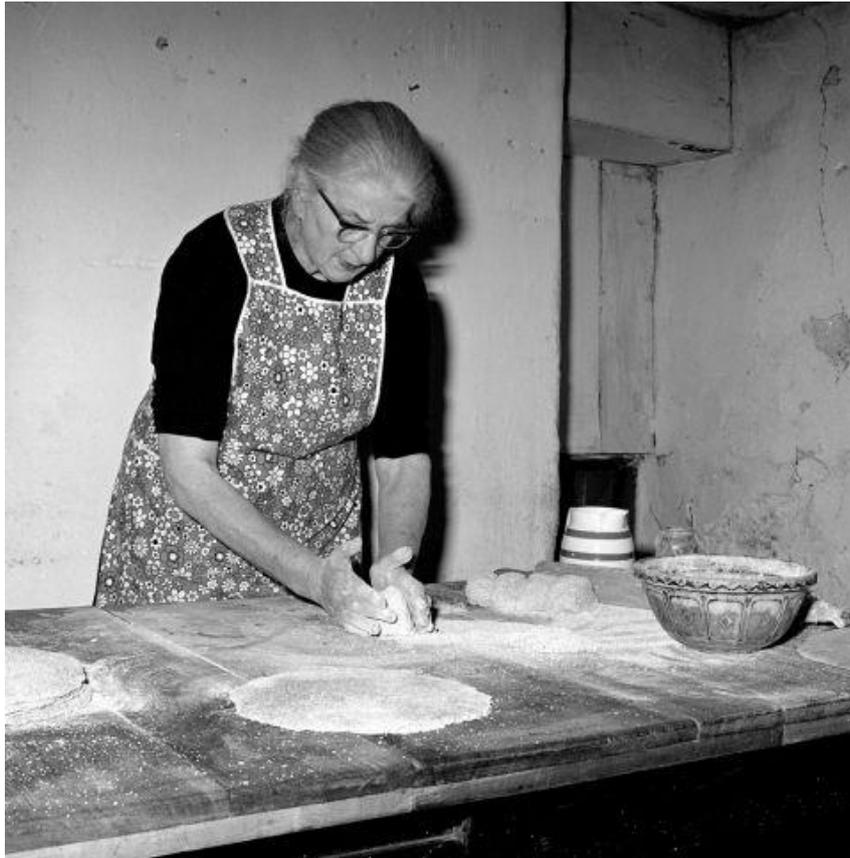
Melt some fat on the bakestone or frying pan and pour on half a cupful of batter. Add in some currants if you'd like.

### Step 5

Allow the pancake to bake until small bubbles appear on its surface and then turn and bake on the other side. Place on a plate and spread with butter and a little sugar.



**Fruit or cheese scones to be served with cream and jam or enjoyed with a bowl of soup or just as a tasty snack.**



Mrs Catrin Evans, Llanuwchllyn, Merioneth, National Museum Wales

## You will need:

- 450g flour (white or wholemeal)
- 100g butter, softened and cut into pieces
- ½ tsp salt
- 1 free range egg
- 3 tsp baking powder
- A little milk mixed with water (1/4 pint approx.)

## For fruit scones:

- Handful of sultanas
- 50g sugar

## For cheese scones:

- 100g Cheddar cheese, grated

## Instructions

### Step 1

Sieve the flour, salt and baking powder into a bowl and mix well

Rub the butter into the flour with your finger tips.

Make a hollow in the centre and add the milk/water mixture to make a soft dough.

Carefully knead (mix) the dough to form a ball.

### Step 2

Turn the dough onto a floured board or work surface.

Roll lightly with a rolling pin until it is about 2 to 3cm thick.

Cut into rounds using a small pastry cutter.

### Step 3

Brush with a little beaten egg and place on a greased baking tray.

Put into a hot oven (200 to 220°C) for 15 minutes.



## Note:

For fruit scones add the sultanas to the floury mixture before the liquid.

For cheese scones mix some grated cheese into the dough and sprinkle a little on top of each scone before baking.

