

## Welsh cakes

makes  
16

prep in  
10 mins

cook in  
6 mins

veggie

freeze

### Ingredients:

- 225g /8oz plain flour
- 85g/30z caster sugar
- ½ tsp mixed spice
- ½ tsp baking powder
- 50g/ 1.8oz butter, cut into small pieces
- 50g/1.8oz lard, cut into small pieces, plus extra for frying
- 50g/1.8oz currants
- 1 egg, beaten
- splash milk

Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter and lard until crumbly. Mix in the currants. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as short crust pastry.

Roll out the dough on a lightly floured work surface to the thickness of your little finger. Cut out rounds using a 6cm cutter, re-rolling any trimmings. Grease a flat griddle pan or heavy frying pan with lard, and place over a medium heat. Cook the Welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through. Delicious served warm with butter and jam, or simply sprinkled with caster sugar.

Cakes will stay fresh in a tin for one week.



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## Welsh crempog

Traditional Welsh crempog are thick pancakes, thicker than a crepe and bigger than a pikelet.

- 2 oz/ 55g butter
- 15 fl oz/ 450 ml warm buttermilk
- 10 oz/ 275g all-purpose/plain flour
- 3 oz/ 75g sugar
- 1 tsp bicarbonate of soda
- ½ tsp salt
- 1 tbsp vinegar
- 2 eggs, well beaten

Stir the butter into the warmed buttermilk until melted. Gradually pour the milk and butter into the the flour and beat well. Leave the mixture to stand for at least 30 minutes (or a few hours if possible) before stirring in the sugar, bicarbonate of soda, salt and vinegar into the beaten eggs.

Pour this mixture into the flour and milk mixture and beat well to form a smooth batter. Heavily grease a griddle or hot-stone and heat, then drop the batter, a tablespoon at a time onto the heated griddle and cook over a moderate heat until golden brown on both sides. Keep the crempog warm and continue this method until all the batter is used up.

Spread butter on each pancake and eat while warm.



# Self-saucing jaffa pudding

makes  
8

prep in  
35 mins

cook in  
30 mins

veggie

freeze

## Ingredients:

- 100g/3.5274oz butter, melted
- 250g/8.8185oz self-raising flour
- 140g/4.9384oz caster sugar
- 50g/1.7637oz cocoa
- 1 tsp baking powder
- zest and juice 1 orange
- 3 eggs
- 150ml milk
- 100g/3.5274oz orange milk chocolate or milk chocolate, broken into chunks (we used Divine orange milk chocolate)
- single cream or ice cream, to serve

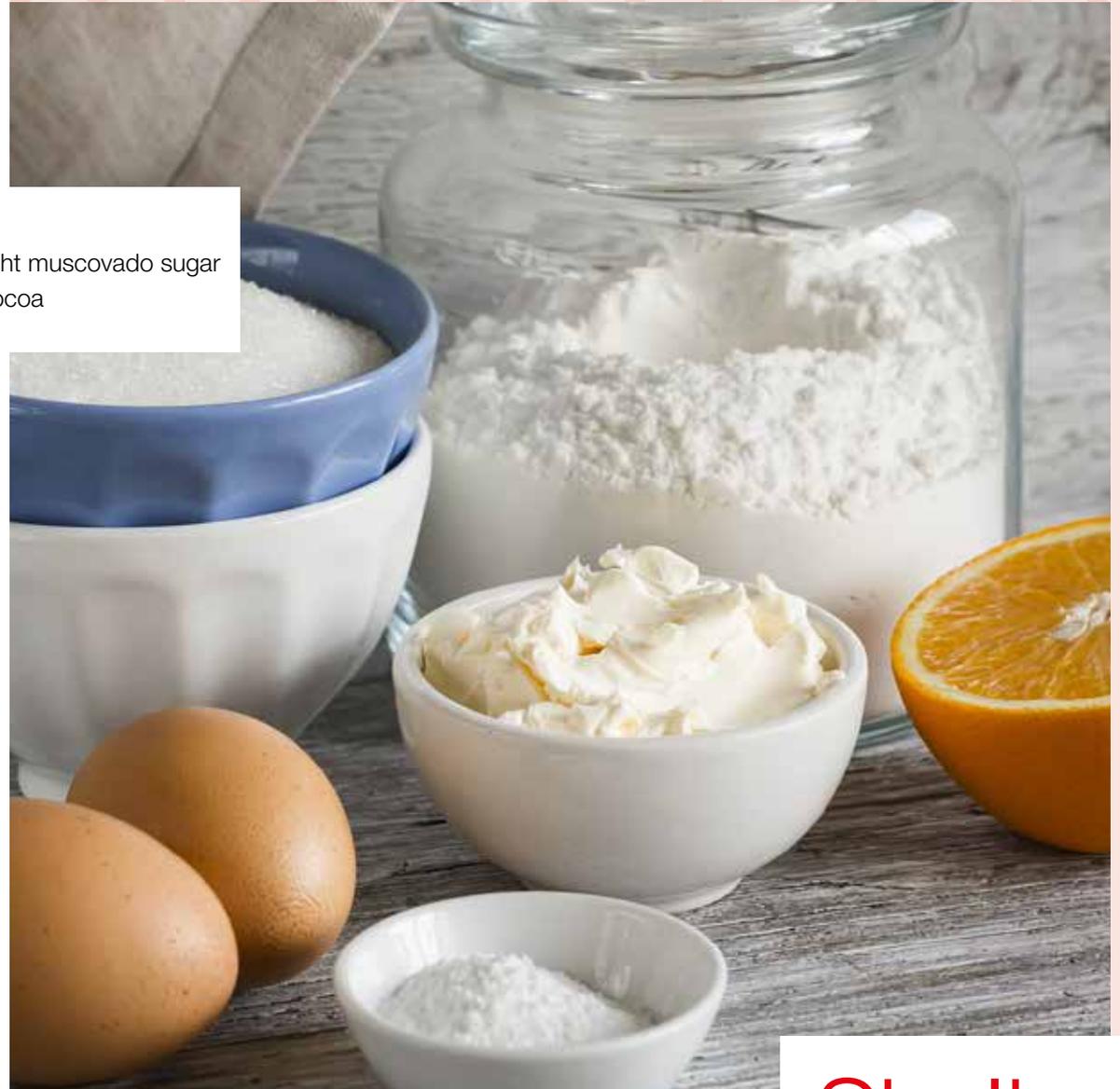
## For the sauce:

- 200g/7.0548oz light muscovado sugar
- 25g/0.88185oz cocoa

Butter a 2-litre baking dish and heat oven to 180C/160C fan/gas 4. Put the kettle on. Put the flour, caster sugar, 50g cocoa, baking powder, orange zest and a pinch of salt in a large mixing bowl. Whisk together the orange juice and any pulp left in the juicer, the eggs, melted butter and milk, then pour onto the dry ingredients and mix together until smooth. Stir in the chocolate chunks and scrape everything into the baking dish.

Mix 300ml boiling water from the kettle with the sugar and cocoa for the sauce, then pour this all over the pudding batter – don't worry, it will look very strange at this stage! Bake on the middle shelf of the oven for 30 mins until the surface looks firm, risen and crisp. As you scoop spoonfuls into serving bowls, you should find a glossy, rich chocolate sauce underneath the sponge.

Eat immediately with vanilla ice cream or single cream.



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# Welsh dragon cupcakes

makes  
12

prep in  
15 mins

cook in  
20 mins

sets in  
1 hour

ready in  
1 hr 35

## Ingredients:

- 200g/7oz butter, melted
- 200g/7oz caster sugar
- 3 eggs, beaten
- 200g/7oz self-raising flour
- 100g/3.5oz unsweetened cocoa powder
- 1/2 teaspoon cayenne pepper
- milk as needed

## For the icing:

- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 250g/8oz icing sugar
- 110g/4oz cream cheese, softened
- 60g/2oz butter, softened
- 1/4 teaspoon vanilla extract
- 12 small dried red chillies

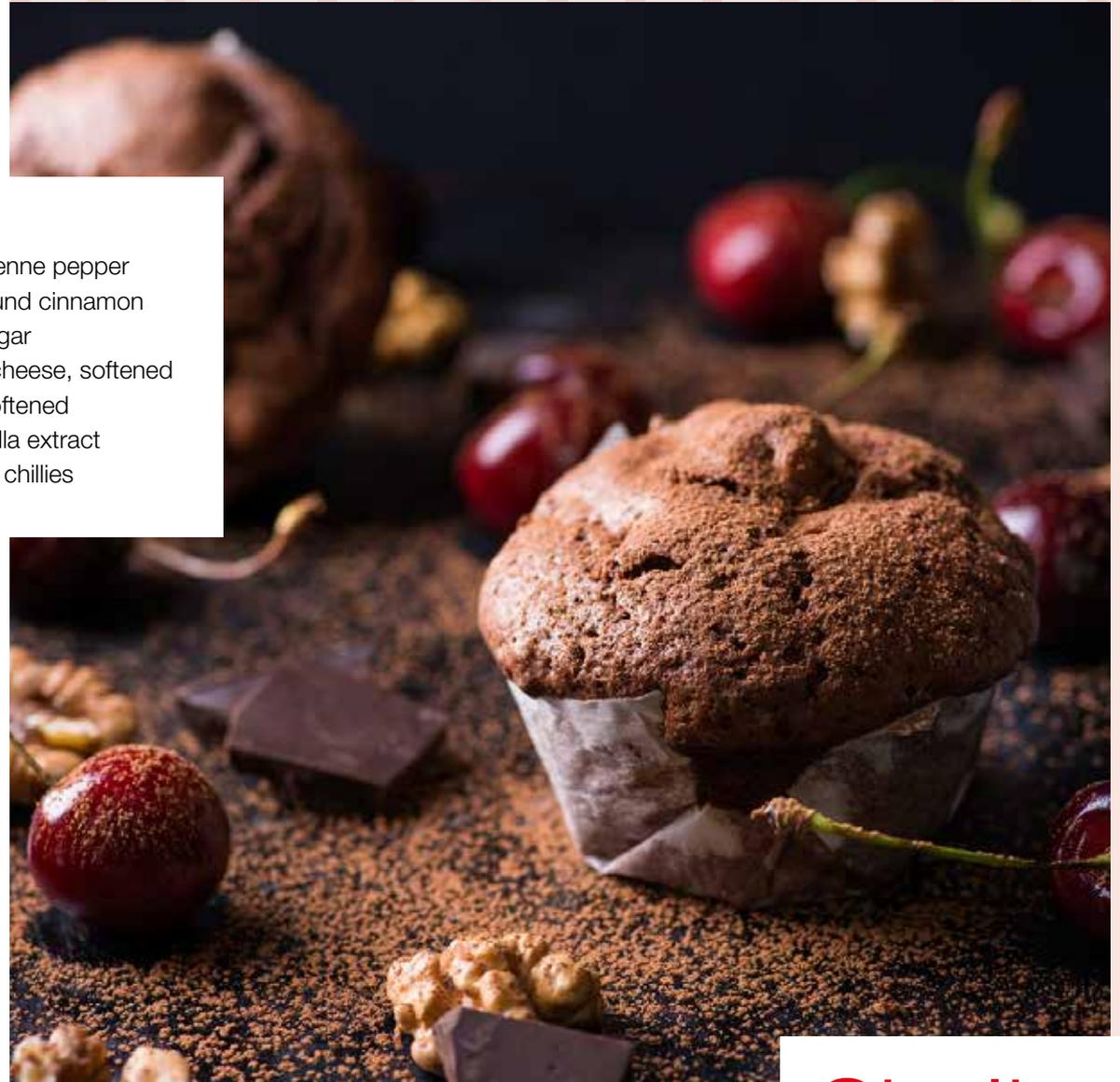
Preheat oven to 150 C / Gas 2. Line a muffin tin with paper cases.

Mix together butter and sugar in a large bowl. Stir in eggs, beating between each addition. Combine the flour, cocoa and cayenne pepper in a separate bowl, then sift into the butter mixture and fold to combine. Stir in a few drops of milk.

Pour into prepared tin and bake in preheated oven for 20 to 25 minutes. The cakes are ready when a skewer inserted in the middle comes out clean. Allow to cool on wire rack before icing.

## For the icing:

In a bowl, 1/4 teaspoon of cayenne pepper and the cinnamon with the icing sugar. Beat in the cream cheese and butter with an electric mixer on medium speed until the icing is smooth; mix in the vanilla. Spread the icing onto the cooled cupcakes in attractive swirls, and poke a small dried chilli, stem-side up, into the icing for decoration.



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# Gingerbread men

makes  
20

prep in  
30 mins

cook in  
20 mins

be  
creative

easy to  
make

## Ingredients:

- 350g/12oz plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp golden syrup

## For the sauce:

- 200g/7.0548oz light muscovado sugar
- 25g/0.88185oz cocoa

Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.

Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.

Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.

Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.



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## Simple Easter biscuits

makes  
8-12

prep in  
15 mins

cook in  
20 mins

easy to  
make

veggie

### Ingredients:

- 85g / 3½ oz sugar
- 85g/ 3½ oz butter
- 45g/ 1¾ currants (optional)
- ½ x 5ml teaspoon mixed spice
- 170g/ 6½ plain flour
- Small amount of milk (if required)
- A pinch of salt

1. Pre heat oven to 200°C/400°F/Gas Mark 6
2. Cream together the sugar and butter
3. Beat in the egg and add, a little at a time, the currants (optional) and other dry ingredients
4. Mix to a soft dough, using a little milk if the dough is too stiff
5. Roll out on a floured surface to about 3mm (1/8") thickness
6. Prick all over (using a fork)
7. Cut into rounds using a 7.5cm (3") round crinkly biscuit cutter (or the top of a cup if no cutters are available)
8. Grease a baking tray
9. Bake for about 20 minutes until they are lightly coloured
10. Take out of the oven, leave for 1 minute, then place biscuits on a wire rack until cold and crisp



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