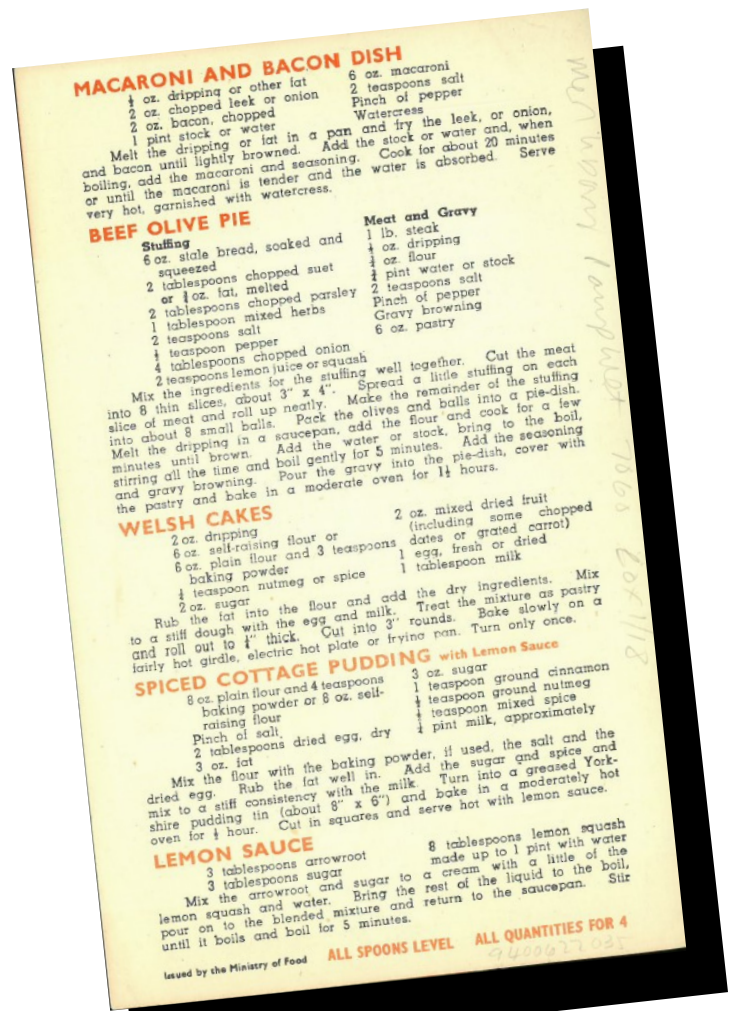




Welsh Cakes

- 2 oz dripping
- 6 oz self-raising flour or 6 oz plain flour
and 3 teaspoons baking powder
- 1/4 teaspoon nutmeg or spice
- 2 oz sugar
- 2oz dried fruit (including some
chopped dates or grated carrot)
- 1 egg, fresh or dried
- 1 tablespoon milk



MERL LIBRARY PAMPHLET--7060-BOX 01/18

- Rub the fat into the flour and add the dry ingredients.
- Mix into a stiff dough with the egg and milk.
- Treat the mixture as pastry and roll out to 1/4 inch thick.
- Cut into 3 inch rounds.
- Bake slowly on a fairly hot griddle, electric hot plate or frying pan. Turn only once.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations.