

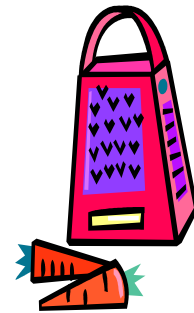
Carrot and Sultana Rock Cakes

Ingredients

75g wholemeal SR flour
50g plain flour
1x5ml spoon baking powder
50g margarine
25g soft brown sugar
25g sultanas
1 small carrot
1 medium egg
Demerara sugar to sprinkle

Equipment

dish towel/netcloth
cutlery tray
cup
large bowl + sieve
2 large plates
vegetable peeler
grater
chopping board
baking tray



Oven temperature - 180 C, gas mark 5

Time - 12 minutes

Method

1. Collect equipment, set oven and grease baking tray.
2. Collect ingredients - flour + baking powder in sieve over bowl
margarine, sugar + sultanas on the plat
egg + carrot on second plate
3. Sieve the flour and baking powder into the bowl to trap air. (Add the wholemeal left in the sieve as this is NSP. Do not throw it away.)
4. Rub in the margarine until the mixture resembles breadcrumbs.
5. Peel, then grate the carrot finely.
6. Add the carrot, sugar and sultanas to the mixture and mix with a knife.
7. With a fork, beat the egg lightly in the cup.
8. Make a well in the centre of the mixture and add the egg. Mix in with the knife.
9. Place on the greased baking tray in 8 equal sized heaps- these should be rough! Sprinkle with a little demerara sugar if required.
10. Bake for 12 minutes until golden brown. Cool on a baking tray.

Store in an airtight container for 3-4 days or store in the deep freeze for up to a month.
To serve- reheat for 10 seconds in a microwave.