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| |  | | --- | | **English Teacakes**   Ingredients  •    450 g  strong bread flour  •    285 ml  milk  •    125 g  sultanas or raisins or currants of a mixture  •    2 tbsp caster sugar  •    2 tsp dried yeast  •    1 tsp salt  •    ¼ tsp cinnamon  •    Big pinch of ginger powder  •    Big pinch of ground cloves  •    Milk for a glaze (optional)   Instructions  1    Warm the milk slightly and add the sugar and the yeast. Mix and leave for 10 minutes.  2    Sift the flour, spices and salt into a bowl. Make a well in the centre and add the milk/yeast mixture. Mix well to a soft, slightly tacky dough.  3    Knead the dough on a floured surface for 7 minutes until elastic.  4    Spread the dough out, pour on the sultanas and knead the dough for a further 3-4 minutes.  5    Place the dough in a lightly-oiled bowl, cover and put in a warm place until the dough has risen.  6    Turn the dough out onto a floured surface, knock it back and knead for 2 minutes.  7    Cut the dough into 6 equal pieces. Make each piece of dough into a smooth-topped ball by folding the dough under itself. Press the balls slightly to flatten them.  8    Place the teacakes on a lightly-greased baking tray, cover and leave in a warm place for 45 minutes - 1 hour.  9    Once the teacakes have risen you can brush them with milk for a glaze.  10    Bake at 175°C fan oven, 200°C conventional oven for about 15 minutes.  11    Transfer to a wire rack to cool.   Notes  For the spices you can use any mixture you like but don't over-spice them. The final teacakes should have a hint of spice about them. | |