

ECCLES CAKE

Named after a small town on the outskirts of Manchester where they were first made.



Ingredients

225 (8oz) plain flour (plus extra to dust)
Pinch of salt
90g (3.5 oz) butter frozen
90g (3.5oz) lard. (not available in Mauritius. I add more butter)

For the filling:-

75g butter
150g soft brown sugar
150g currants
1tsp ground cinnamon
½ tsp freshly grated nutmeg
Grated zest of 1 orange
50g (2oz) chopped mixed candied peel



To glaze

2 medium egg whites
Caster sugar to sprinkle

- 1.** To make the pastry, sift the flour and salt into a bowl, then coarsely grate the frozen butter and 'lard' over the flour. Distribute the fats evenly through the flour using a metal spoon. Add just enough cold water to form a soft dough, then wrap in cling film and refrigerate for 30 minutes.
- 2.** Meanwhile make the filling. Melt butter in a pan and mix it with all the other ingredients. Preheat the oven to 220 degrees.
- 3.** Roll out the pastry on a floured surface to a 3mm thickness. Cut out rounds, using a plain 9cm cutter. Put a heaped teaspoon of filling in the centre of each round and brush the edge of half of the circle with a little water. Draw the edges up over the filling and pinch together to resemble an old fashioned purse.
- 4.** Turn the purses over, then gently flatten with a rolling pin and cut a slit in the top of each one. Brush with egg white, sprinkle with caster sugar and bake for 15 minutes. Serve just warm.

