



# Norfolk Federation of WIs

Charity Number: 227411

## Norfolk Shortcakes 1

**From Doreen Graham, Brundall and Braydeston WI**

My Mother made 2 kinds of Norfolk Shortcakes

One way was :

- A handful of S.R.flour
  - Some lard
  - Some dried fruit
  - Sugar
1. Mix altogether with some milk and bake
  2. No amounts available

The other way she made them and this is the way I make them with Short crust pastry

- 1 lb.S.R.flour
  - 4 ozs lard
  - 4 ozs.margarine
  - Rub fat into flour add water to make a dough
  - Roll out into a rectangle
1. Put a layer of dried fruit and sugar down the middle fold over and seal brush with beaten egg
  2. Bake in an oven 180 until golden brown.
  3. Cut into squares or fingers.

I use odd pieces of pastry left over from cooking other things to make a few of these

My son loves these straight out out of the oven.

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