



# Norfolk Federation of WIs

Charity Number: 227411

## Norfolk Shortcakes 2

### **From Joan Keen Barford, Wramplingham & District WI**

Having moved to Norfolk 42 years ago I have spent many hours walking around different areas of the county. No wonder we stayed.

Norfolk Shortcakes:

Ingredients

450g S R Flour

1 tsp mixed spice

150g Sugar

250g currants or sultanas

150g butter/margarine

1 egg + a little milk

Oven

185 C (Fan Asst) Gas 5

Lightly oiled baking tray

Method

1. Rub fat into flour
2. add sugar, dried fruit
3. Add beaten egg and milk to form a smooth dough
4. Roll to 1.5cm/1/2 inch thick and cut into rounds or squares
5. Brush with milk or egg and sprinkle with sugar
6. Bake for 15-20 minutes

JK 2020

