



# Norfolk Federation of WIs

Charity Number: 227411

## Roll out Cakes

From Jane France, City WI

When I joined Winterton WI in the early 1980s I came across Winterton Shortbread made by Ella Green at the time.

I have been looking through my recipe books but cannot find the recipe I had. I have just found two recipe books that my mother had. The first was for **roll out cakes** which may have been similar :

- 1lb S.R. flour
  - 5oz lard or margarine
  - 7oz sugar
  - 4oz currants and sultanas mixed
  - Vanilla essence
  - Small amount of milk with 1 egg
1. Rub fat in flour
  2. Add fruit, sugar and essence.
  3. Add beaten egg with milk, making a fairly stiff mixture.
  4. Roll out  $\frac{1}{2}$ - $\frac{3}{4}$  inch thick, cut out in rounds with large cutters, brush with milk or egg.
  5. Makes about 20 cakes.
  6. Bake at 400 F for about  $\frac{1}{4}$  hour.

I found this recipe in another of my mother's recipe books published in 1984 by NFWI. I think this recipe for Norfolk Shortbread is more like Winterton Shortbread!!

In the back of the book is a section of traditional recipes collected in 1970 by the Norfolk WIs

### Norfolk Shortbread

This is usually made from the odd bits of pastry left over, but the pastry can of course be made specially. Roll out thinly and cover half with bits of lard, lard, sugar and sultanas / or currants. Roll the other half over, roll out again and repeat the lard, sugar and fruit. This can be done a third time if desired. Bake in a moderate oven.

