



# Norfolk Federation of WIs

Charity Number: 227411

## Norfolk Cheesy Rusks

### From Heather Duffield, Mundesley WI

- 225g (8oz) Self Raising Flour
  - 85g (3oz) Best Butter
  - 1 and a half large Eggs beaten
  - Pinch of salt
  - 4oz red strong cheddar cheese, grated
  - Small amount of cold water
1. Pre-heat oven to Elec 230: Fan Oven 210: Gas Mark 8
  2. Sift the flour and salt together into a bowl,
  3. Rub the butter lightly into flour, lifting the mixture to add air, until it resembles breadcrumbs.
  4. Lightly mix in the grated cheese.
  5. Stir in the beaten egg and just enough water to make produce a smooth dough.
  6. Roll out on a lightly floured surface to a thickness of 1 inch, cut into 2½ inch rounds.
  7. Place on a greased baking sheet and cook for 10 minutes. (Have another baking sheet ready to one side)
  8. Remove from the oven and cut in half. The Secret here is to work quickly using a sharp knife
  9. Reduce the temperature to Elec 190 Fan Oven 170 Gas Mark 5.
  10. Return to the baking sheet/s, cut side upwards, cook for a further 10 to 15 minutes or until crisp and golden-brown.
  11. Cool on a wire rack.
  12. Serve with butter.
  13. Norfolk Cheesy Rusks will store well in a tin for several days

