

MRS P'S ROCK CAKES

(Contains **gluten, dairy, egg**)

Rock cakes (or Rock buns) became popular during the Second World War.

Because of rationing, families had to be very inventive with their meals each week and use those couple of eggs very wisely!

Sugar was also hard to come by due to blockades to prevent imports so families had to find other ways (like carrots) to sweeten their food, or simply go without. Rock Cakes were an excellent way to make slightly sweet buns that were dense enough to fill a starving tummy and easy to bake in ovens, on stove fires and even in well kitted out shelters.

Ingredients :

- 8 oz wholemeal or plain flour
- 4 tsp baking powder
- 1/2 tsp mixed spice or allspice
- 2 oz margarine or cooking fat
- 2 oz sugar
- 2 oz sultanas or dried mixed fruit
- 1 shell egg, a reconstituted dried egg, or 3 tbsp apple puree
- A splash of milk or water to mix

Makes about 10 buns



recipe credit: glutarama.com



MRS P'S ROCK CAKES CONT'D

Directions :

- Preheat your oven to a hot setting (around 220°C / 425°F).
- Mix dry components: Sift the flour, baking powder, and spice together in a bowl.
- Rub in fat: Add the margarine and rub it with your fingertips until the mix looks like fine breadcrumbs.
- Add fruit and sugar: Stir in the sugar and sultanas.
- Bind the dough: Whisk your egg (or wartime substitute) with a little milk, then stir it into the dry mix. Keep the dough stiff and lumpy—do not make it too wet.
- Shaping: Spoon golf-ball sized, rough, uneven heaps onto a greased or lined baking sheet, leaving space for them to expand.
- Bake: Cook for 15 to 20 minutes until golden brown, then transfer to a wire rack to cool.

See this [YouTube video](#) for how to mix it!



GLUTEN-FREE ROCK CAKES



Rock cakes (or Rock buns) became popular during the Second World War. Because of rationing, families had to be very inventive with their meals each week and use those couple of eggs very wisely! Sugar was also hard to come by due to blockades to prevent imports so families had to find other ways (like carrots) to sweeten their food, or simply go without. Rock Cakes were an excellent way to make slightly sweet buns that were dense enough to fill a starving tummy *and* easy to bake in ovens, on stove fires and even in well kitted out shelters. This modern-day vegan, gluten-free version uses no eggs at all!

Ingredients :

- 200 g gluten free self raising flour
- 100 g currants (or raisins)
- 50 g vanilla yogurt (I used Alpro vanilla yogurt)
- 100 ml milk (or soya milk)
- 65 g butter (or non-dairy spread)
- 2 tbsp caster sugar
- 1 tsp lemon juice
- ¼ tsp salt

Optional if making dairy free:

- 1 tbsp ground flaxseed
- ½ tsp psyllium husk powder (optional) , both help with bake structure

Makes about 8 buns

recipe credit: glutarama.com



GLUTEN-FREE ROCK CAKES CONT'D

Directions :

- Preheat the oven to 190°C | 170°C fan | 375°F | Gas 5
- In a large bowl measure the flour, 'butter' and sugar. Using your fingertips or a pastry cutter/blender.
- Add the currants and mix to combine. Also add the flaxseed and psyllium husk powder if using them.
- In a separate jug, measure the milk, yogurt (I find that vanilla flavour adds a lovely sweet taste) and lemon juice, whisk to combine. Don't worry if the mixture thickens; this will be the lemon juice setting to work.
- Make a well in the crumble mixture in your large bowl and pour the wet ingredients into the middle.
- Using a spatula, cut through the mixture lightly until the dry and wet have been mixed. Don't worry if you can see little lumps of 'butter' : this is fine.
- On a prepared baking sheet (you can use silicone baking mats) spoon 8 mounds of mixture. No need to worry about how they look, you want your Rock Cakes to look rough and all different from each other!
- Bake for 25mins until just golden brown and once ready remove and cool before eating – or eat them whilst they're still warm!

