

Recipes from Sheila (American measures)

Drop Scones (Pancakes)

2 cups sifted all purpose flour
½ tbl. Sugar
1 ½ tsp baking powder
¼ tsp baking soda
1 egg, well beaten
1 ¾ cup buttermilk

Mix dry ingredients. Stir in egg & buttermilk. Batter should be fairly thick like pancake batter. Pour batter in ¼ cups onto medium hot, lightly greased griddle (Crisco works best) Place on folded tea towel until served. Serve with butter & jam.

Scones

2 cups sifted all purpose flour	1/3 cup butter
1 tbsp baking powder	½ cup cream
2 tbsp sugar	1 egg, well beaten
½ tsp salt	¼ cup currants or chopped raisins

Combine flour, salt, baking powder and sugar in a bowl. Cut in the butter with a pastry blender. Mix in egg and cream with fork. Stir in currants or raisins. (Various other fruits or cheese can also be added)

Turn out dough on a lightly floured board and pat out into a circle about ½ inch thick. Cut into wedges. Brush tops with slightly beaten egg white and sprinkle with sugar.

Bake at 400 degrees for 15 to 18 minutes. Makes 12 scones.

Treacle Scones

1 cup self-raising flour
1 tsp baking powder
pinch of salt
4 tbsp. butter
3 tbsp. sugar
½ tsp. each of ground cinnamon and mixed spice
1 tbsp. black molasses
2/3 cup milk

Sift the dry ingredients together and rub in the butter until the mixture looks like breadcrumbs. Stir in the sugar. Mix the molasses with ½ the milk and add to mixture. Add enough milk to form a soft dough. (Add the rest of the milk as needed). Turn onto a floured board and knead lightly. Roll out to a thickness of ¾ “ and cut into 2” rounds. Bake on a greased baking sheet in a very hot oven (450 F) for 10 minutes.

Montrose Cakes

1 stick unsalted butter, softened
½ cup sugar
3 eggs
1/3 cup currants
2 tsp brandy
2 tsp rose water
½ cup self-rising flour
pinch of freshly grated nutmeg

Preheat oven to 375 F. Grease a Madeleine pan or two mini-muffin pans and set aside.
Cream butter and sugar together. Add the eggs one at a time, beating well after each addition.
Stir in currants, brandy, and rose water and mix thoroughly.
Sift the flour and nutmeg together, then add to the butter mixture.
Scrape batter into the prepared tins, filling them no more than half full.
Bake for 10 – 15 minutes, or until edges are brown.
Yield: 20 small cakes.

Treacle Parkin

1 ½ cups dark brown sugar, firmly packed
1 cup (2 sticks) unsalted butter, softened
2 cups unbleached flour
2 tbsp ground ginger
1 tbsp cinnamon
1 cup molasses
2 eggs, lightly beaten
1 tsp baking soda
½ cup scalded milk

Preheat the oven to 325 F. Butter and flour an 11 ¾ x 7 ½ inch baking pan or an 8-9 inch square cake pan.

Cream the brown sugar and butter together until fluffy. Sift together the flour and spices. Combine the molasses and eggs and add to the butter mixture alternately with the flour mixture.
Dissolve the baking soda in the hot milk and stir into the batter. Pour batter into the prepared pan and bake for 1 ½ hours or until a cake tester inserted into the center comes out clean.

Let the cake cool in the pan for 10 minutes, turn out onto a rack to cool completely. Serve plain, sugared, or iced.

Shortbread

1 cup white rice flour
3 cups all purpose flour
1 cup fine sugar
1 lb. butter

To get the sugar fine, put in blender for a few seconds. Cream the butter and sugar until VERY CREAMY with electric beater. Add flour gradually until too thick to use beater and then use wooden spoon. Mix well.

Divide into 6 pieces – using COOL hands, roll out to ½” thick.

Put into pie plates.

Crimp edges and prick top using a fork.

Heat oven to 400 degrees. Turn oven down to 350 degrees when the shortbread goes into the oven. Bake for 35-45 minutes. Take the cakes out of the oven, cut into petticoats with sharp knife, turn off the oven and put back into the oven to crisp. Sprinkle lightly with sugar.