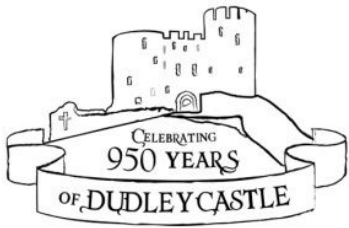


# Mrs Sherwood's delicious medieval recipes!



## Lardy cake

### Recipe

#### Need 1 baking tin

250g strong breads flour

160g lard

5g salt

5g yeast

50g Sultanas

50g currents

50g caster sugar

1tbsp cinnamon

150ml warm water

### How to make

- Put the **flour, salt, yeast and water** in a bowl and mix to a soft dough.
- Melt half the **lard** and mix into to the dough.
- Add a dusting of **flour** on the surface, place dough onto surface and knead till dough is elastic +soft.
- Put dough into bowl, cover over and allow to rise (approx. 1 hour)
- In another bowl, cut **lard** up into chunks, add the **sultanas, currents, sugar and cinnamon** and mix up.
- Once dough has risen, take dough out into surface, flattening slightly on surface and add the **lard and fruit**, kneading it into the dough to make an even mixture.
- Place to one side to rest in bowl (30 minutes)
- Place dough into baking tin, Bake for 30-40 minutes, Gas mark 6, 200 degrees.
- Leave to cool for 10 minutes before serving.

Mrs Sherwood was once a cook who lived in the castle!

*It is common on any saint's day to have a banqueting feast in order to celebrate!*

*The lardy cake is a celebration cake whose origin dates back to the 15<sup>th</sup> century!*

