

Shearing Cake

Cacen Cneifio

A Welsh cake prepared for shearing time

600ml (1 pint) Milk
225g (8oz) Plain Flour
170g (6oz) Sugar
110g (4oz) Butter
1 Egg
1 tsp Baking Powder
Grated Nutmeg, to taste
1 Lemon. zest only
2 tsp Caraway Seeds

Pre-heat oven to 190°C; 375°F: Gas 5

Cream the butter and sugar until light and fluffy.

Stir in the milk and beaten egg.

Sift the flour, baking powder, nutmeg and other ingredients to the bowl, mixing thoroughly..

Place into a greased cake tin lined with buttered paper

Bake for one hour.

Turn out on to a wire rack to cool.

