

FAT RASCALS

Ingredients

150g plain flour, sieved
150g self-raising flour, sieved
1 teaspoon baking powder, sieved
125g cold butter, cubed
100g caster sugar
Grated zest of 1 orange
Grated zest of 1 lemon
1 teaspoon ground cinnamon
½ teaspoon freshly-grated nutmeg
150g dried mixed fruit
1 large egg, lightly beaten
4-5 tbsps milk

For glaze and topping:

1 medium egg yolk, beaten
1 tbsp water

Whole glacé cherries and whole blanched almonds, to decorate

Method

Pre-heat the oven to 180°C Fan.

Sieve together both of the flours and the baking powder into a large bowl. Add the butter and rub into the mix until the mixture resembles fine breadcrumbs.

Add the sugar, citrus zest, spices and dried fruit and mix well. Add the beaten egg and enough milk to bring the mixture together into a soft dough. Form the mixture into 6 rounds each about 2.5cm thick.

Mix together the beaten egg yolk and water to make a glaze and brush this over the fat rascals. Decorate each one with two glacé cherries and three almonds. Transfer them to a non-stick baking tray and bake for 15-20 minutes until golden brown.

Remove from the oven and allow to cool on a wire rack.

Fat rascals can also be frozen and reheated in a low oven.