

INGREDIENTS:

Makes 14 large cakes' (or 24 smaller ones as in the picture opposite)

340g plain flour (sifted)

170g sugar

170g butter (softened & diced)

1/2 tsp ground cinnamon

1/2 tsp ground mixed spice

1/2 tsp ground nutmeg

1 egg (beaten)

2 tsp of white wine vinegar



The dough, ready to go in the fridge.

METHOD:

Preheat the oven to 200C. Grease 2 flat baking trays. Thoroughly mix all the dry ingredients into a mixing bowl – sifted flour, spices, and sugar. Rub in the diced butter until the mixture resembles fine bread-crumbs. Add in the beaten egg and white wine vinegar and mix with a wooden spoon until a firm dough is made. Finish off mixing with your hands if you need to. Cover and place in the fridge for 20 minutes.

Flour a working surface and roll out the dough to 7mm thick and using a large round pastry cutter cut into rounds, (optional: use a straight edge to press into, and then draw a cross shape, in the top of the dough). Place these rounds on the greased baking tray and bake in the oven for 15 to 20 minutes at 200C until slightly coloured. Serve warm or cold.



All ready for the oven

This Soul Cake recipe is from Cheshire. A Soul Cake (or Souling Cake) is a small round cake, like a biscuit, which is traditionally made for *All Souls' Day* - 2nd November, the day after *All Saint's Day*) to 'celebrate' the dead.

One local woman recalls "My mum used to make them every year and she would say the names of anyone she knew who had died during the year, as she made them. I thought it was a bit ghoulish!"

These small cakes predate Soul Caking to the time when Soulers would go round from house to house at All Souls to give a short prayer, song or chant for the recently departed and during which these cakes would have been handed out.



The Thelwall Mummings visited the Heritage Centre to make a generous donation.

Make your own ...
SOUL CAKES
...using a traditional local recipe.



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Discover more at lymmhic.co.uk/soulcaking

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