

Recipe for Eccles Cakes



In 1793 James Birch's shop on the corner of Vicarage Road in Eccles began selling small, flat, raisin-filled cakes. They sold, quite literally, like hot cakes!

Although traditionally made in the town from where they get their name, Eccles cakes are now famous throughout the world. As early as 1818 they were said to be sold "at all the markets and fairs around and are even exported to America and the West Indies".

The original recipe for Eccles Cakes has been lost to the mists of time and there have been many competing versions throughout history, so give this version a try and then maybe add your own twists!

Preparation time: 20 minutes

Cooking time: 15 minutes

Pre-heat your oven to 425 °F/220 °C

Ingredients

- ❑ 500g flaky pastry
- ❑ 25g melted butter
- ❑ Nutmeg
- ❑ 50g candied peel
- ❑ 100g sugar
- ❑ 200g currants

Method

1. In a medium saucepan, combine the sugar and butter and cook over a medium heat until melted
2. Off the heat, add currants, candied peel, nutmeg and allspice
3. On a lightly floured surface, roll the pastry thinly and cut into rounds of about half a centimetre thickness and 10cm diameter
4. Place a small spoonful of filling onto centre of each pastry circle
5. Dampen the edges of the pastry and draw the edges together over the fruit and pinch to seal
6. Turn over, then press gently with a rolling pin to flatten the cakes
7. Flatten and snip a V in the top with scissors. Place on a baking tray
8. Brush with water and sprinkle with a little extra sugar
9. Bake in a hot oven for 20 minutes (425 °F/220 °C) or until lightly browned round the edges
10. Place on a wire rack and allow to cool.
11. Try not to eat them all at once!