

Lancashire Barm Cakes

Are a bread roll made from white flour that are soft and pliable. The 'Barm' is an old Lancashire word for the froth on the liquid that contains yeast. These are the type of soft white rolls generally served with bacon, ham, and cheese. This mix will make 12 delicious Barm Cakes.

What you need :

- ✓ 200ml Milk
- ✓ 300ml Water
- ✓ 6g Dried Yeast
- ✓ 10g Sugar
- ✓ 750g Strong White Flour
- ✓ 12g Salt

What you do :

- Warm the milk and water to blood heat.
- Then mix with the yeast and sugar and leave for 15 to 30 minutes until it gets a frothy head "Barm".
- Sift the flour & Salt into a bowl.
- Add the Barm mix and work until the dough is firm.
- Knead on an oiled surface for 5 to 10 minutes.
- Return the dough to the oiled bowl and cover with damp tea towel.
- Prove at room temperature until mixture doubles in size.
- Divide mixture into 12 balls and roll out until 1/2" to 3/4" thick.
- Place the balls onto well floured baking trays and loosely cover with damp tea towel.
- Prove at room temperature until doubled in size, about 45 minutes.
- Heat oven to 200°C / 400°F / Gas 6 and put a tray of ice cubes in the bottom.
- Dust the tops with flour and bake in the centre of oven for 25 minutes.
- Cool on rack

Pick the best six and display on a paper plate.

Victoria Sponge Cake

The quintessential cake for afternoon teas and summer garden parties. This mixture will make two cakes for a round sponge sandwich approx 8 inches in diameter.

What you need :

- ✓ 175g softened Butter or high quality margarine
- ✓ 175g Caster Sugar
- ✓ 3 Eggs , free range
- ✓ Vanilla extract or paste – approx 1 tsp
- ✓ 175g Self Raising Flour - sifted
- ✓ 1 scant tbsp Milk (not always required)
- ✓ Choice of Jam for filling, traditionally Raspberry
- ✓ Caster Sugar for dusting

What you do :

- Grease and base line two 8" cake tins.
- Pre heat your oven to 180°C / 350°F / Gas 4
- Whisk the sugar and margarine or butter, until light and fluffy.
- Beat in the eggs and vanilla.
- Add the flour and gently fold to combine.
- Add the milk if needed.
- Split the mixture evenly and spreading out across both tins. Try to leave a slight dimple towards the middle so the mixture will rise evenly.
- Bake for approx 20-30 mins, until golden, well risen and springs back when pressed.
- Cool in tin for a few minutes before removing to a wire rack until cold.
- Spread the layer of jam on top of the bottom layer.
- Add the top layer and dust with Caster sugar

Display on a paper plate.