

Basic Recipe for Rock Buns

ROCK BUNSMakes 16

225 g (8 oz)	Be-Ro Self Raising Flour
pinch	salt
100 g (4 oz)	margarine
75 g (3 oz)	mixed dried fruit
25 g (1 oz)	mixed peel
50 g (2 oz)	caster sugar
1 medium	egg
	milk to mix

- 1 Heat oven to 200°C, 400°F, Gas Mark 6. Grease two baking trays.
- 2 Mix the flour and salt, rub in the margarine.
- 3 Stir in the dried fruit, mixed peel and sugar.
- 4 Mix to a stiff dough with egg and milk.
- 5 Place in rough heaps on the baking tray and bake for 10-15 minutes.

Substitute other dried fruits for mixed dried fruit e.g. sultanas, raisins or currants even dried cranberries if preferred.