

ONLINE AT THE Y

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Cooking at the Y

Pear and Sultana Rock Cakes (Makes 20)

Recommended for ages 2 and above

Resources / Ingredients:

- 10 whole of dried pears, roughly chopped
- 100 g of sultanas
- 0.15 cup of reduced fat milk
- 3/4 cup of self-raising flour
- 1 large of egg
- 1/4 cup of brown sugar
- 30 g of margarine

Instructions:

1. Preheat oven to 220°C. Lightly grease 2 baking trays. Sift flour into a large bowl. Add butter. Using fingertips, rub butter into flour until mixture resembles coarse breadcrumbs.
2. Add sugar, pears, sultanas, egg and milk. Stir until batter drops from spoon, adding more milk if necessary.
3. Drop a table spoonful of mixture onto prepared trays, allowing space between each. Bake for 7 minutes. Swap trays over in oven. Bake for 3 to 5 minutes or until light golden.
4. Stand cakes on trays for 5 minutes. Transfer to a wire rack to cool completely.

