

Given recipes for the Domestic/Handicraft Classes

Class 120 – A Jam Swiss Roll

Ingredients

85g (3oz) plain flour	½ level tsp baking powder	115g (4oz) castor sugar
3 large eggs	Pinch of salt	Jam, warmed

Method

Line a Swiss roll tin, approx 25cm x 35cm (9 inches x 14 inches) with greased greaseproof paper.

Separate the eggs and beat the whites with the salt. Add the yolks and continue beating until thick and creamy. Add the sugar gradually, beating all the time. Sieve the flour and baking powder and fold into the mixture. Pour into the Swiss roll tin. Bake at 220C/425F/Gas mark 7 for 7-10 minutes.

Sprinkle a sheet of greaseproof paper with castor sugar, turn the cooked cake onto it and remove the paper from the bottom of the cake. Cut off the crisp edges and spread with warm jam. Use the paper to help in rolling firmly and allow to cool.

Class 126 – For men only : Six Rock Cakes

Ingredients

225g (9oz) SR flour	110g (4½ oz) butter	75g (3oz) dark brown sugar
50g (2oz) currents	2tbs milk	1 beaten egg
1tsp mixed spice	grated rind ½ lemon	pinch of salt
Greased baking sheet		

Method

Combine flour, salt and spices in a large bowl. Rub in the butter, add the sugar and fruit. Add egg and mix well. Add milk slowly to give soft but firm dough. Form 8 “rocky” lumps. Place on the greased baking sheet and bake at 190C/375F/Gas mark 5 for 15mins.