

## Soul Cakes



About a thousand years ago in Scotland, all Hallow's Eve was a time when poor people would visit the homes of rich people and offer to pray for their loved ones in exchange for something to eat. Over the centuries this custom spread and each year bands of "Soulers" went from house to house singing ancient 'souling' rhymes; in return they were given special cakes known as "Soul Cakes" which they would eat while still hot as they said a prayer for the departed.

It is widely believed that "Souling" for Soul cakes is the origin of Trick or Treating.

### Ingredients

Makes 12–15 cakes

175g butter

175g caster sugar

3 egg yolks

450g plain flour

2 teaspoons mixed spice

1 Pre-heat the oven to 190C/Fan 170/375F. Cream the butter with the sugar until it's light and fluffy and then beat in the egg yolks one at a time.

2 In a separate bowl, sieve the flour and the spices together and add to the wet mixture along with the currants (reserving a small handful to decorate the tops later).

3 Mix with a wooden spoon and then add some milk to pull everything together into a dough.

4 Roll out to a thickness of around 1cm and cut out rounds with a biscuit cutter. Use a straight-sided knife to make a slight cross indent in the top of each cake and then push in raisins along it.

5 Place on a piece of baking parchment on a baking tray and bake for 10 to 15 mins on the fire or in the oven until golden. Allow to cool before eating.