

Traditional Rock Cakes with Dried Fruit

Lightly sweet and comforting

OVEN
375°F

TIME
35 min

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INGREDIENTS

2 cups (250 g) all-purpose flour
2 teaspoons baking powder
¼ teaspoon ground nutmeg or mixed spice (optional)
Pinch of salt
¼ cup (115 g) cold unsalted butter, cubed
½ cup (100 g) granulated sugar
¾ cup (100 g) mixed dried fruits (raisins, currants, or sultanas)
1 large egg
2-3 tablespoons milk
1 teaspoon vanilla extract

DIRECTIONS

- 1.** Preheat: Preheat oven to 375°F (190°C) and line a baking tray with parchment paper.
- 2.** Mix Dry Ingredients: In a bowl, sift together flour, baking powder, spice (if using), and salt.
- 3.** Rub in Butter: Rub cold butter into the flour mixture using your fingertips until it resembles breadcrumbs.
- 4.** Add Sugar & Fruit: Stir in granulated sugar and mixed dried fruits.
- 5.** Combine Wet Ingredients: Beat egg with milk and vanilla extract. Gradually add to the dry ingredients, mixing until a stiff, slightly sticky dough forms.
- 6.** Shape: Drop rough spoonfuls of dough onto the prepared tray, leaving space between each bun.
- 7.** Bake: Bake for 15-20 minutes until golden brown. Cool on a wire rack and serve slightly warm.

SWAPS & NOTES

& Variations Mixed spice: Adds warmth and depth - optional but recommended.

Dried fruit: Use a blend for the best flavor and texture.

Citrus zest: A little orange or lemon zest brightens the buns beautifully.

Sparkling sugar: Sprinkle on top before baking for extra crunch.

TIPS FOR SUCCESS

Keep butter cold for a light texture.

Don't overmix - rock buns should be rustic.

The dough should be stiff but not dry; adjust milk slightly if needed.

Bake until golden for the best crumbly crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/traditional-rock-cakes-with-dried-fruit/>