

# Recipe time

## Rock Buns (Makes 10 – 11)

### Ingredients:

½ lb flour  
Pinch of salt  
1 tsp baking powder  
1½ - 2 oz lard  
1½ - 2 oz butter or margarine  
3 - 4 oz brown sugar  
3 oz currants  
1 oz candied peel chopped  
1 egg  
A little milk

### Method:

Sift the flour, salt and baking powder and then rub in the butter and lard.

Add the sugar, currants and candied peel.

Beat up the egg with a little milk and mix the whole with a fork into a dry, stiff mixture.

Arrange on a greased baking tray in rough heaps.

Bake for 20 minutes.

Leave in tin overnight.

### ROCK BUNS

Half-pound flour, pinch of salt, 1 teaspoonful baking powder, 1½-2 ozs. lard, 1½-2 ozs. butter or margarine, 3-4 ozs. brown sugar, 3 ozs. currants, 1 oz. candied peel (chopped), 1 egg, a little milk.  
Number of buns: 10-11.

Sift the flour, salt and baking powder and then rub in the butter and lard. Add the sugar, currants and candied peel. Beat up the egg with a little milk and mix the whole with a fork into a dry, stiff mixture. Arrange on a greased baking tray in rough heaps. Bake for 20 minutes.

M. LAWRENCE, Bellshield, Otterburn.

Rock buns. Otterburn was where my granny grew up and mum used to stay at her grandparents farm in the holidays.