

CLASS 73 - SUFFOLK RUSKS

Ingredients

225g / 8oz self-raising flour

Pinch of salt

75g / 3oz butter

1 egg

Milk or water to mix

Method

Sieve the flour and salt together. Rub in the butter lightly and mix with the beaten egg and just enough milk or water to make a smooth dough.

Roll out lightly 2.5cm/1 inch thick and cut into 6.25cm/2½ inch rounds. Bake at 230c/fan 210c or gas mark 8 for 10 minutes. Remove from the oven and split in half. Put on baking sheets with the cut sides upwards. Bake at 190c/fan 170c or gas mark 5 for 15 minutes until crisp and golden.