

## Jo's rock buns

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60g SR flour (I prefer brown wholemeal)  
Just under  $\frac{1}{2}$  marg / lard (some or some)  
About 30g sugar (to taste)  $\frac{1}{2}$  egg  
 $\frac{1}{2}$  Dem.  
2 to 3 pinches mixed spice  
1 egg  
Good handful washed & soaked Sultanas

Mix spice into flour  
Chop fat <sup>sub</sup> in with fingers (roughly)  
Mix in sugar  
Add wet Sultanas  
Throw in egg  
And work all together with strong fork to a fairly stiff mix  
a little milk may be needed.  
this should spread to doz buns

Bake for 20 minutes at 180°C Gas Mark 4

