



## Historic Soul Cakes

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### Ingredients

- 1/2 cup ale, room temp
- 1/2 cup sack (try dry sack sherry), room temp
- 2 tsp yeast
- 2.5 cups flour
- 3/4 - 1 cup sugar
- 5 T butter, room temp
- 1/4 tsp each of ground nutmeg, clove, & mace
- pinch saffron
- 1/4 cup dried currants

*Based on a recipe  
from Elinor  
Fettiplace's Receipt  
Book, 1604*

### Directions

1. Preheat oven to 375\* F.
2. Dissolve yeast in the warm ale (this will approximate the "ale barm")
3. Sprinkle saffron threads in the sack.
4. Mix together flour, sugar, & spices.
5. Add butter & mix until consistency is sandy.
6. Mix in the ale, bit by bit & keeping some reserved, so that the mixture doesn't get too wet.
7. Mix in the sack - again, bit by bit & reserving some.
8. Mix by hand until the consistency is elastic, but not too sticky. Add a little more of the ale or sack if it's too dry, or a little more flour if it's too wet.
9. Blend in dried currants.
10. Let sit, covered, for about 15 minutes.
11. Roll out dough on a lightly floured surface until about 1/4 inch thick. Cut out circles - I just use a jam jar!
12. Place the cakes onto a baking pan lined with parchment. Use a sharp knife to make a cross in each cake, and let them sit to rise for about 15 minutes.
13. Bake at 375\* F for about 15 minutes.