



'Dish of the Day for David'

Best of St David's Day recipes by Denbighshire children

Super Welsh Cakes

Sophie Thompson, Age 5, Ysgol Borthyn

Ingredients

Self-Raising Flour - Ruthin Wholefoods

Salt - Anglesey Sea Salt

Welsh Butter - Co-op

Fairtrade caster sugar - Co-op

Fairtrade currants - Co-op

Egg - Clyttir Farm - The Bake House

Strawberry Jam - Grandad's Garden (The Strawberries)



Recipe & Method

1. Mix 225g of self-raising flour with salt and butter in a bowl.
2. Rub together with your fingers.
3. Add 50g of caster sugar and 50g of currants and add the egg.
4. Stir until it's a dough,
5. Roll out the dough on a lightly floured board.
6. Use the shape cutters to cut out the cake.
7. Cook for 3 minutes each side on the hot plate.
8. Sprinkle caster sugar on top.
9. Serve with Grandad's homemade jam and chocolate stars.



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Dragons Eggs

William Parkes, Age 9, Ysgol Llywelyn

Ingredients

Eggs - Pengwern College
Sausage - Edwards of Conwy
Bread - Henllan Bakery
Herbs - Supermarket
Ham - Tony Doyle



Recipe & Method

Red food colouring
Sausage Meat
5 Eggs
Bread (3 Slices)
Cooked Ham
Flour
Pepper
Stuffing mix
Herbs - Sage, Parsley & Thyme

1. Toast the bread. Use the food processor to make breadcrumbs.
2. Put the bread in a bowl, add the red food colouring and mix.
3. Put the sausage meat, ham, pepper and herbs in food processor and mix.
4. Boil 4 eggs for 7minutes and 30 seconds and then put in a bowl of water and ice.
5. Peel the shells.
6. Crack the last egg into a bowl. Put flour in another bowl.
7. Put the meat on cling film and use another piece of cling film to flatten the sausage meat.
8. Roll the egg in flour lightly, then wrap the sausage meat around the egg sealing it in.
9. Roll the dragons egg in the flour, then the egg, then the red breadcrumbs.
10. Repeat with other eggs.
11. Fry in vegetable oil for 7 minutes



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Dewi Sant Cacen Cymru

Grace Longley, Age 7, Bodnant Community School

St David would definitely like these warm yummy Cacen Cymru after eating all those leeks.

Ingredients

Butter from Carmarthen Creamery
Self-raising flour
Egg from Ruabon
Caster sugar
Sultanas
Mixed spice



Recipe

250g Self-raising flour
125g Welsh unsalted butter
75g sugar
100g Sultanas
1 large Welsh egg
 $\frac{1}{4}$ teaspoon mixed spice
Sugar to dust

Method

1. Cut the cold butter into chunks and place into the bowl of flour.
2. Rub the butter and flour together until it looks like bread crumbs.
3. Add the sugar, sultanas and mixed spice.
4. Give it a stir.
5. Add the beaten egg.
6. Mix together until it looks like dough.
7. Place the dough in the fridge for 20 minutes.
8. Roll out on floured surface to 1cm thick.
9. Choose which round cutter you would like to use and cut out your Welsh cakes.
10. Place on griddle on medium heat for a few minutes each side until brown.
11. When cooked, serve on a plate with a sprinkling of caster sugar.



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Welsh Cheese Cakes - 'Y Dynion Bach Cymreig'/'The Little Welsh Men'

Kimmi-Leigh Hughes, Age 11, Ysgol Melyd

Ingredients

Cheese from The Deli on the hill

Eggs from Prestatyn Butchers

Recipe

225g plain flour
1 tsp baking powder
100g butter
1 red onion finely sliced
75g cheddar cheese grated
1 egg beaten
1-2 tbsp milk may need more
Olive oil for frying



Method

1. Place the flour and baking powder in a mixing bowl then lightly rub the butter with your fingertips until the mixture resembles breadcrumbs.
2. Add the onion and cheese and lightly stir before adding the egg and 1 tbsp of milk.
3. You want a soft dough so if the mixture feels dry, add another tbsp of milk.
4. Roll the dough out on a floured surface or between two pieces of baking parchment, to 1cm thick.
5. Using a 5-6 round cutter (or little men), cut out shapes, re-roll any scraps and cutting again, until all the dough has been used. There may be a little scrap over.
6. Pour a little olive oil in a pan and spread around the pan. You want a lightly greased pan.
7. On a medium heat, fry the Welsh cakes in 2-3 batches, depending on the size of pan you are using.
8. Fry for 3 minutes on each side or until light to medium or golden brown.
9. They are best served warm.



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Brilliant Bara Brith

Max Thompson, Age 9, Ysgol Plas Brondyffryn

Ingredients

Dried mixed fruit - Fairtrade - Co-op
Brown sugar - Fairtrade - Co-op
Black tea - health shop Co-op
Mixed spice - Co-op
Self-raising flour - Health Food Shop
Egg - Clyttir Farm - The Bake House



Recipe & Method

1. Soak 450 grams of mixed fruit and 250 grams of brown sugar in 300ml of black tea in a bowl overnight.
2. Put the oven on Gas Mark 3 (163 degrees Celsius (°C) 325 degrees Fahrenheit (°F) 153 electricity oven (°C) 143 electricity fan-assisted oven (°C)).
3. Put greaseproof paper in tin.
4. Mix 450 grams of self-raising flour and 2 teaspoons of mixed spice and 1 large egg.
5. Put the mixture into the tin and put it in the oven for 90 minutes.



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Dewi Sant Rhosti Blasus

Tomos Longley, Age 10, Bodnant Community School

Ingredients

250g Pembrokeshire potatoes
1x Leek
100g Welsh mature cheddar
A knob of Welsh butter
A tablespoon of olive oil
Halen Mon to season
Pepper to season
A few basil leaves chopped
Basil leaves to decorate



Recipe & Method

1. Finely grate your potatoes (leave the skins on as they are good for you and reduces food waste).
2. Once you have done that place the potato in a clean tea towel and squeeze out as much of the water as you can.
3. Slice the leek finely.
4. Grate the cheese.
5. Chop the basil leaves.
6. Mix together the potato, leek, basil and cheese really well and add salt and pepper.
7. Heat the oil and butter in a pan on medium heat.
8. Use a cooking ring or a metal cookie cutter, place on the frying pan and fill with the rosti mix pushing down with the back of a fork.
9. Cook for 5 minutes on each side, be careful when you turn it over that it does not lose its shape.
10. Serve and garnish with some fresh basil.
11. Eat while they are still hot! Blasus.