



### **Yorkshire Teacakes**

*Dried fruit filled yeast-based sweet bun cake, served split and buttered with tea*

10 fl. ounces (280ml.) whole milk, warmed (105 to 110 degrees F)  
1/2 Tablespoon granulated sugar  
1-1/2 teaspoons platinum or instant yeast  
16 ounces (450g) bread flour  
2-1/2 Tablespoons granulated sugar  
3 Tablespoons cold butter, shredded  
1 teaspoon salt  
2 ounces (55g) currants and 2 ounces sultanas if desired  
1/2 teaspoon grated orange peel  
1/2 teaspoon grated lemon peel

**Dissolve Yeast:** In a small bowl, stir warm milk with 1/2 Tablespoon sugar; sprinkle dry yeast over the mix; stir lightly. Set aside in warm place until it froths.

**Prepare the Flour Mixture:** Place bread flour in mixing bowl. Remove 1/4 cup bread flour and set it aside. Stir 2-1/2 Tablespoons sugar into flour in mixing bowl; rub in the butter to combine. Set the buttered sugar flour aside.

**Mix Yeast Dough:** Place mixing attachment to mixer; add the frothy dissolved yeast and milk; beat in 2 cups of buttered sugar flour; beat for 2 to 3 minutes; scrape down mixing bowl.

Toss salt, currants, orange peel, and lemon peel into the remaining buttered sugar flour. Place kneading hook on mixer, and slowly mix in the flour fruit mixture; knead for 2 to 3 minutes or until dough feels elastic and is no longer sticky. If needed, add the reserved 1/4 cup bread flour.

**First Rising:** Place dough in lightly greased bowl; turn over once; cover lightly with plastic wrap; place in warming drawer or a warm place until it has risen to roughly double its original size; about 1 hour.

**Form into Teacakes or Discs:** Remove dough to lightly floured rolling surface; Divide the dough into around 8 portions; shape into balls. If desired, flatten out each ball into a disc about 1 half-inch thick.

**Preheat oven** to 400 degrees F.

**Second Rising:** Place the balls on lined or greased baking sheet about 1 in./ 2.5cm apart. Cover lightly with plastic wrap or clean damp tea-towel. Let rise in warming drawer or warm place until puffy, about 30 to 35 minutes.

**Bake Teacakes:** Brush the teacake tops lightly with milk; bake in a preheated oven to 200°C / 400°F for 14 to 18 minutes or until golden.

**Cool Teacakes:** Remove teacakes to cooling rack. Enjoy the teacakes warm or cool; serve with soft butter

Yield: 8 Yorkshire Teacakes.

**Cook's Note:** Platinum instant yeast made the teacakes pop in size and have a delightful texture. If desired, add sweet spices, more dried currants, or chopped mixed holiday fruits. Teacakes can also be prepared plain without those additions.

### **What is a Teacake?**

In West Yorkshire, a large plain white or brown bread roll 9 inches or 225 mm diameter is often also called a teacake and is used to make very large sandwiches. Many cafes sell these for breakfast or midmorning snacks.

**Recipe Inspired by:** <https://traditional-yorkshire-recipes.info/yorkshire-teacakes/>

**About the Recipe:** These traditional fruit-filled teacakes are a great favorite across the Yorkshire region and are best served split, toasted, and spread with butter. In most of England, a teacake is a light, sweet yeast-based bun cake that contains dried fruits like currants, sultanas or peels and is served with tea.