

ALL HALLOWS' EVE

SOUL CAKES

A soul cake is a small round cake made for All Souls' Day (the 2nd November), according to a centuries-old tradition from Britain and Ireland.

The cakes were given out by the more well-do-to of a parish to the poor who would go door to door 'begging for souls'. In exchange for cakes 'soulers' would sing psalms and say prayers for the giver's deceased loved ones. This tradition apparently evolved into today's 'trick or treating' on Halloween.

UTENSILS

- 1 large mixing bowl
- 1 rolling pin
- 1 cookie cutter or a glass around 4-5 cm wide
- Measuring cups and spoons
- 1 large spoon for mixing
- Spatula 2
- Baking trays
- Baking paper

INGREDIENTS

200 grams unsalted butter, softened
200 grams castor sugar
3 egg yolks
1 teaspoon vanilla essence or extract
450 grams plain flour
¼ cup milk
2 teaspoons cinnamon
Zest from 1 orange
½ cup white choc chips

INSTRUCTIONS

(MAKES AROUND 12)

Step 1 Preheat oven to 180°C and line two baking trays with baking paper. Use an electric mixer to cream the butter and sugar until the mixture is pale and creamy. Add the egg yolks one at time, and the vanilla, and beat to combine.

Step 2 Add the flour, cinnamon and milk and mix to combine with a large spoon, or use the dough hooks on your mixer, until a soft dough forms.

Step 3 Turn the dough onto a lightly floured surface and roll it out to a depth of around 1.5cm. Cut out the shapes using the rim of a glass or a cookie cutter. Use up all the dough by gathering and rolling out the off-cuts.

Step 4 Place the soul cakes on the trays, and using the back of a knife, mark a cross on each one. Bake them for around 15-20 minutes or until they're a light golden colour. Transfer to a wire rack to cool.

Step 5 Enjoy! These soul cakes are best when they're warm with [a hot chocolate or cup of tea](#)

