TRADITIONAL ENGLISH CATTERN CAKES

St Catherine of Alexandria · 25 November · The Domestic Church

A lacemakers’ feast-day custom

An English spiced biscuit traditionally associated with St Catherine’s Day. The rolled cinnamon spiral recalls her emblem, the wheel.



INGREDIENTS

- 275g self-raising flour
- ½ tsp ground cinnamon
- 25g currants
- 50g ground almonds
- 2 tsp caraway seeds
- 200g caster sugar
- 100g butter, melted and cooled
- 1 large egg, beaten
- A little extra sugar and cinnamon

METHOD

1. Heat the oven to 200°C (180°C fan / Gas Mark 6). Line a baking tray.
2. Sift flour and cinnamon together. Stir in currants, almonds, caraway seeds and sugar.
3. Add cooled melted butter and the beaten egg. Work into a soft dough.
4. Roll on a floured surface into a square about 30cm across. Brush lightly with water and sprinkle with extra cinnamon and sugar.
5. Roll like a Swiss roll, cut into slices about 2cm thick and arrange well apart on the tray.
6. Bake for 10–15 minutes, checking the centres are cooked. Let rest briefly before transferring to a rack.

Kitchen note: If dough is sticky, chill for 10–15 minutes. If too dry, add a very small amount of milk. Approximately 16 cakes depending on thickness.

Adapted from Nottingham Industrial Museum · nottinghamindustrialmuseum.org.uk/cattern_cakes/