

SOULCAKE

Bring a taste of history to your Halloween celebration with this soul cake recipe! Rooted in Catholic tradition, soul cakes were made to remember the faithful departed and prepare our hearts for All Saints' Day.

INGREDIENTS

- 175g (3/4 cup) unsalted butter, softened
- 175g (3/4 cup) golden caster sugar
- 3 large egg yolks
- 420g (3 1/2 cups) plain flour
- 1 1/2 tsp mixed spice
- 1/4 tsp allspice
- 50g (1/3 cup) raisins
- 2 tbsp milk

DIRECTIONS

1. Preheat oven to 180°C (160°C fan) / 350°F / Gas Mark 4. Line two baking sheets with parchment paper.
2. Cream butter and sugar until pale and fluffy.
3. Beat in egg yolks.
4. Stir in flour, spices, raisins, and milk until a soft dough forms.

5. Roll out dough on a floured surface to 1cm thickness.
6. Cut into rounds using a cookie cutter.
7. Place on baking sheets and bake for 12–15 minutes until golden.
8. Cool on a wire rack.

Traditionally enjoyed on All Souls' Eve, these spiced treats honor the departed.

