

AUTUMN TERM YEAR 5 RICHMOND MAIDS OF HONOUR

There are many stories about how these cakes got their name. One is that they were the favourite of Anne Boleyn's maids at Richmond Palace, another that Henry VIII tasted them and thought they were so good that the recipe was locked in a chest with only the cook allowed to see it when they were making them.

Ingredients (makes 24)

½ x 500g pack puff pastry
225g curd cheese (or Quark low fat soft cheese)
50g caster sugar
grated zest of 1 lemon
50g candied peel, finely chopped
1 large egg
3-4 tbsp lemon curd

Equipment

Weighing scales
2 small bowls
Mixing bowl
Wooden spoon
Spatula
Grater
Rolling pin
Pastry cutters
Teaspoons
2 x 12 hole bun tin

Method

1. Preheat the oven to 200°C/Gas mark 6.
2. In the mixing bowl, combine the curd cheese, sugar, lemon zest and candied peel. Carefully beat in the egg until it is well combined
3. Cut the pastry in half again and roll each piece out to about 3mm thick. Cut out 12 rounds from each piece and place into the bun tins. Prick the bases with a fork.
4. Spoon half a teaspoon of lemon curd into each pastry base then cover with a dessertspoonful of the curd cheese mix.
5. Bake until golden brown (about 20 mins). Leave to cool in the tins for about 5 mins until cooling on a wire rack.