

Light Buns

Ingredients

1/2 teaspoonful of tartaric acid, 1/2 teaspoonful of bicarbonate of soda, 1 lb. of flour, 2 oz. of butter, 2 oz. of loaf sugar, 1/4 lb. of currants or raisins,--when liked, a few caraway seeds, 1/2 pint of cold new milk, 1 egg.

Method

Rub the tartaric acid, soda, and flour all together through a hair sieve; work the butter into the flour; add the sugar, currants, and caraway seeds, when the flavour of them latter is liked. Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough, with a fork, on baking-tins, and bake the buns for about 20 minutes. This mixture makes a very good cake, and if put into a tin, should be baked 1-1/2 hour. The same quantity of flour, soda, and tartaric acid, with 1/2 pint of milk and a little salt, will make either bread or teacakes, if wanted quickly.

Source: Mrs Beeton's Book of Household Management (1861)

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