

Get busy in the kitchen!

Imagine you are the cook and you have been asked to make some jammy biscuits for Catherine and Charles' children. When the cook was very busy, she sometimes hired young helpers from the Foundling Hospital, a nearby orphanage. Make sure you ask an adult to be your helper when you try this recipe. Your helper must get the biscuits out of the oven for you because the tray will be very, very hot.

Ingredients

- 200g self-raising flour (make sure there is some left in the packet for shaping the dough)
- 100g butter
- 100g caster sugar
- 1 egg, lightly beaten
- 4 tbsp strawberry jam

Instructions

- Pre heat the oven to 190C/fan 170C/gas 5.
- Wash your hands!
- Put the flour, sugar and butter in a large bowl.
- Rub these ingredients together with your fingers until the mixture looks like breadcrumbs.
- Carefully add the egg, bit by bit, and combine it with the mixture until it forms a stiff dough. (You might find a wooden spoon is easier than your fingers here).
- Wash your hands again to get all the mixture off and dry them carefully.
- Make sure your kitchen worktop is nice and clean.
- Put 4 or 5 spoonfuls of the extra flour onto the worktop and spread it around so there is a thin layer. Make sure your hands get covered in the flour too!



- Now take the dough out of the bowl and put it on the floury surface.
- Shape the dough into a tube shape, about 5cm in diameter.
- Ask your helper to help you cut the dough tube into 2cm-thick slices.
- Grease a large baking sheet and arrange the slices on the sheet – make sure there is space in between each one.
- Make a small hollow in the middle of each slice with your finger.
- Carefully spoon a teaspoon of jam into the hollow in each biscuit.
- Bake for 10-15 mins until risen and just golden (ask your helper to keep checking!).
- Ask your helper to get them out of the oven for you and cool on a wire rack.

Keep an eye out for naughty helpers, who try to put their fingers in the jam!

Eat them!!!

