



### **Ingredients.**

2oz            Barley Flour  
2oz            Potato Flour  
1oz            Cooking Fat  
2oz            Butter or Vegetable Fat  
1oz            Castor Sugar  
0.5 tsp        Bicarbonate of soda  
2floz          Milk or Soya Milk  
1                A pinch of mixed Spice.

### **Preparation.**

Heat the oven to 200 degrees Centigrade.

### **Method.**

Sieve the flours and add the fat, butter, sugar, spices and soda to the mixture. Mix into a stiff dough with the milk and knead well.  
Roll out into quarter inch thickness on a floured surface..  
Cut into the required shape with cutters and place on a greased tray.  
Decorate the biscuits with a fork or skewer by pricking the surface.

### **Cooking.**

Bake in the oven for 10 – 15 minutes at 200 degrees C.

### **Tips.**

The biscuit was quite dry in the mouth and could be served with a compot of summer fruits, rhubarb and berries for example. Alternatively it would compliment something warm and rich like a rice pudding.

### **Source.**

Adapted by the CakeFairy from 'A Taste of Jersey – Traditional Island Recipes by Jarrold Colour Publications, 1987.

"Many were the stratagems Islanders were put to, to eke out their meagre rations when Jersey was occupied by the German troops from July 1940 to May 1945. One substitute for wheat flour was made from potatoes. The process was a long one but eventually from about 12 lbs of potatoes an average 1.5 lbs of flour could be made. The result was similar to corn flour and would be used in puddings as well as baking."