



Comhairle Chontae na Gaillimhe
Galway County Council

Galway's Food Heritage



MILLTOWN
CO. GALWAY
HERITAGE

School's Contribution Sheet

My Name Rosie Godwin Age 9 School Belmont n's

Who gave me this
story/recipe Aunt Jessie

Who are they (eg. Granny, Aunt, Uncle, Neighbour,
etc: my Aunt

Where are they from? Mayo

Parent/Guardian Signature: Jhala C. B. B.

Date: 15-11-2017

My Food Related Story/Recipe (please use additional pages)

Rolls
rock buns

80g flour
30g butter
30g castor sugar
30g mixed fruit
1 tsp baking powder
half tsp of mixed spice
half tsp of milk
1-2 eggs
pinch of salt

- 1 sieve flour salt baking powder mixed spice
- 2 rub in butter add sugar and fruit and mix
- 4 beat egg with milk and through dry ingredients to a stiff dough.
- 5 divide and put on a greased tray
- 6 bake for 20-25 minutes at Gas mark six.

Draw/ Attach Picture

