

Doughboys

You'll need:

- 3 handfuls plain flour
- 1 handful mutton fat (butter makes a much better version)

Method:

Mix flour with one handful and mutton fat. Roll into small balls.

Drop balls into boiling water.

Wait until they float to the surface (this means they're cooked).

You can serve these with golden syrup, brown sugar or bush honey, or, if savoury instead of potatoes or pasta.

They are excellent dropped into a stew, or drop small ones into a rich tomato sauce