



## Air Fryer Rock Cakes

### Description

How to make delicious Air Fryer Rock Cakes. If you love scones and you want to try something different, then you will love old fashioned rock cakes cooked in the air fryer.

Prep Time 10 minutes mins

Cook Time 8 minutes mins

Total Time 18 minutes mins

### Ingredients

- 225 g Self Raising Flour
- 100 g Unsalted Butter
- 50 g Caster Sugar
- 100 g Currants
- 30 g Mixed Peel
- 1 Medium Egg
- 60 ml Skimmed Milk

### Kitchen Gadgets

- Cosori Air Fryer

### Instructions

- Load into a bowl the flour and the sugar and then add in the butter chopped into chunks.
- Mix the fat into the flour and sugar until you have a bowl of coarse breadcrumbs.
- Then add in the egg and currants and the peel and mix well.
- Next add enough milk to make a wet dough. Adding a little milk at a time until you have a dough that is like overly sticky scone mix or like a really thick cake batter.
- Line your air fryer with foil as the rock buns are sticky as you add the mixture into the air fryer.

- Then use a tablespoon to add 2 heaped tablespoons of mix onto the foil, spreading it out so that four blobs of rock cake mix will fit in the air fryer basket.
- Then air fry for 8 minutes at 180c/360f doing it in batches if needed. Then serve with butter and jam.

## Notes

**Milk.** I recommend having 60ml/4tbsp of milk for helping bind together your rock buns recipe. Then adding a little at a time. You can always add extra but you canâ??t take it away.

**Currants.** I used just 100g of currants and 30g of mixed peel, you can of course double this if you like a lot of them in your dough.

**Thanks for reading our best recipe for rock cakes on Recipe This.** We have many more air fryer recipes for you to check out next. Though if you would like to try more delicious baking recipes in the air fryer, then do check out our air fryer chocolate chip cookies recipe next.

## Nutrition

Calories: 313kcal | Carbohydrates: 45g | Protein: 6g | Fat: 13g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.5g | Cholesterol: 54mg | Sodium: 25mg | Potassium: 173mg | Fiber: 1g | Sugar: 20g | Vitamin A: 421IU | Vitamin C: 1mg | Calcium: 37mg | Iron: 1mg

### Category

1. Air Fryer Recipes

### Date Created

28/04/2025

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