

Carmen's Special Sponge Cake Recipe

Ingredients:

2 oz wholemeal self raising flour
2 oz white self raising flour
1 teaspoon baking powder
4 oz original flora / or butter
2 oz caster sugar / or brown soft sugar
2 large eggs (beaten)
1 teaspoon vanilla essence
1 medium size apple, peeled and sliced
½ tablespoon demerara sugar
Cinnamon

Preheat the oven to 160 degrees.

Grease a 1 lb loaf tin (using flora) and line with greaseproof paper.

Method:

1. Using an electric whisk, beat the flora and sugar together in a mixing bowl, until light and fluffy (whisk for approx 4 mins)
2. Gradually add the beaten eggs (a little at a time until its all in), whisking well each time. Don't worry if curdles slightly, just add a spoonful of flour to the mix and whisk in.
3. Add the vanilla essence and whisk into the mixture.
4. Sift the flour and baking powder together. Add a little at a time to the mixture and beat well. Repeat until its well beaten in.(there will be bran from the brown flour left in the sieve. I usually add about half of it to the mixture and beat in)
5. Pour the cake mixture into the prepared tin.
6. Randomly push in the slices of apple along the length of the tin.
7. Sprinkle the spoonful of Demerara sugar on the top.
8. Sprinkle the cinnamon along the top. (I add quite a lot of cinnamon, but you don't need to. Is just personal taste!)
9. Put the tin on a tray and into the oven for approx 30 mins.
10. To check its cooked, put in a skewer/or knife (should come out clean). If it isn't, put the cake back in the oven for a few more minutes.
11. Turn out onto a wire rack. I put a clean tea towel over the top of the cake as it cools. (is meant to keep the moisture in)
12. Eat as it is, or warm with low sugar custard/icecream. Happy Baking !!!!!

Different Variations:

Add chopped pear instead of apple

Add a layer of frozen 'fruits of the forest' to the bottom of the tin, then add the sponge mixture.

Add 2 oz coconut and 1 oz sultanas to the sponge mixture

Add grated carrots and sultanas, or grated courgette/sultanas etc.

Melt 1 oz plain chocolate and beat into the sponge mixture before pouring into the cake tin.