



HIHS SPRING SHOW 2018

CORNISH STICKY CAKE

For the fruit layer

Ingredients

1 tablespoon golden syrup
50g (2oz) butter
25g (1oz) brown sugar
40g (1½ oz) flaked almonds
40g (1½ oz) glace cherries, quartered

25g (1oz) sultanas

25g (1oz) stem ginger, cut into small pieces

For the sponge mixture

175g (6oz) butter, softened

175g (6oz) caster sugar

3 large eggs

175g (6 oz) self-raising flour

1½ teaspoons baking powder

1 heaped tablespoon ground ginger

Method

Preheat oven to 180c/160fan/gas4/350f. Grease and line a 900g (2 lb) loaf tin.

To make the fruit layer measure the syrup, butter and sugar into a pan. Gently heat, stirring, until just melted. Add the almonds, cherries, sultanas and ginger pieces and stir until combined. Spoon into the base of the tin.

To make the sponge, measure all the ingredients into a bowl. Beat together until smooth and combined. Spoon on top of the fruit layer in the tin and spread out evenly. Bake for 45-50 minutes until well risen and lightly golden. Leave to cool for 5 minutes, then tip upside down and remove the paper.