



APPLE CAKE

2 mugs self raising flour
1 mug brown sugar
1 mug sultanas / mixed fruit
Handful of cherries (optional)
Handful of chopped walnuts (optional)
1 mug cold stewed apple (sweetened to taste)
1 egg lightly beaten
1/2 mug good quality cooking oil (1/2 mug melted butter)
1/2 tesap. each of the following spices:
ground cloves, ground ginger, mixed spice & cinnamon

Variations of this recipe replace stewed apple with :

1 mug poached plums, skin & stones removed
(sweetened to taste with maple syrup or sugar)

1 mug poached pears (sweetened to taste with honey or sugar)

1 mug stewed rhubarb (Sweetened to taste with sugar)

1 mug crushed pineapple

1 mug ripe bananas mashed



This cake can be baked in 20cm round baking tin , deep tray- bake tin (cut into squares)or dividing mixture into small or large paper bun/muffin cases and is suitable for freezing)

Heat oven to 170C/350F/gas3 slightly higher for making individual paper cases

This recipe is one of those recipes which has been passed around without any written instruction, its so handy to remember! the variations are my addition to it, which are tried and tested many times!

Method

Sift flour and spices into a baking bowl

Add other dry ingredients and mix well

Add cold stewed apple, cooking oil and lightly beaten egg

If mixture is a little dry add a little more oil/melted butter

Mix well you should have a nice soft (dropping consistency) mixture

For the cake tin method, make a well in the centre with wooden spoon this helps cake to rise evenly on top.

Cool slightly before taking out of tin and turning on to a wire tray

Serve hot as a comforting winter dessert with custard or cold for tea time treat!