

Cakes

The techniques of cake making are simple – there are just four and from these all cakes are made. In this section are examples of rubbing in, creaming, whisking and melting and with each there are pictures which show the different stages so that, as you make, you learn the various principles (and the tricks) of successful cake making



Above: Cherry and lemon loaf – complementary flavourings, crumbly texture

Cherry and lemon loaf

Made by the rubbing in method, this loaf has the typical crumbly, melt-in-the-mouth texture. This method is also used to make other light fruit cakes – at their best eaten on the day of making

TEA-TIME

Overall timing 1½ hours

Equipment Mixing bowl, 2lb (900g) loaf tin

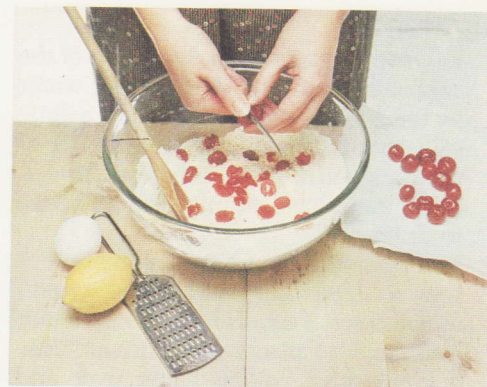
Freezing Wrap in polythene or foil. Seal, label and freeze. Freezer life: 6 months. To use: thaw, unwrapped, at room temperature (3–4 hours)

INGREDIENTS

| | | |
|--------|------------------------|-------|
| 4oz | Butter | 125g |
| 8oz | Self-raising flour | 225g |
| | Pinch of salt | |
| 4oz | Caster sugar | 125g |
| 4oz | Glacé cherries | 125g |
| | Grated rind of 1 lemon | |
| 1 | Egg | 1 |
| 4fl oz | Milk | 120ml |



Mix the butter and flour with the fingers to achieve a breadcrumb-like texture



Wash the syrupy coating from the glacé cherries, dry well, then halve into bowl



The consistency should be soft, but mix should only drop from spoon if flicked

METHOD

- 1 Preheat oven to 350F (180C) Gas 4. Grease loaf tin, line base. Sift all but 1 tbsp (15ml) of flour into bowl, add salt.
- 2 Rub in butter until mixture resembles fine breadcrumbs. Stir in sugar. Wash and dry cherries, roll in reserved flour. Halve into crumb mixture.
- 3 Add lemon rind. Make a well in centre and break in egg. Gradually mix dry ingredients into centre, adding enough milk to give a soft consistency that won't drop unless flicked from the spoon.
- 4 Put mixture into tin, smooth surface. Bake in centre of oven for 45 minutes. Cover with greaseproof, bake for further 30 minutes. Cool on a wire rack.