

Caramel ring cake

Rich caramel icing and blanched almonds complete this attractive tea-time cake. The addition of golden syrup, cinnamon and vanilla essence to a basic creamed mixture gives a refreshingly moist cake

TEA-TIME Cuts into 12 slices

Overall timing 1½ hours

Equipment Mixing bowl, 9½ inch (24cm) ring tin

Freezing Place cool, uniced cake in rigid container, cover, label and freeze. Freezer life: 4 months. To use: thaw at room temperature for 1 hour, then ice. Leave for another hour to thaw completely

INGREDIENTS

4oz	Butter or margarine	125g
6oz	Soft brown sugar	175g
1 tbsp	Golden syrup	15ml
2	Eggs	2
6oz	Self-raising flour	175g
1 teasp	Ground cinnamon	5ml
	Salt	
¼ teasp	Bicarbonate of soda	1.25ml
3fl oz	Milk	90ml
	Vanilla essence	

METHOD

- 1 Preheat oven to 350F (180C) Gas 4. Generously grease tin, then thoroughly coat with flour.
- 2 Cream butter or margarine, then beat in sugar till smooth. Beat in syrup. Add eggs one at a time and beat well till mixture becomes pale and thick.
- 3 Sift in flour, cinnamon and a pinch of salt and beat well. Mix soda with milk and a few drops of vanilla essence and add to mixture. Place in ring tin and cook just above centre of oven for 45–50 minutes (when cooked, cake will have shrunk away from tin).
- 4 Leave to stand for 1 minute, then tap curve of tin gently and turn cake on to cake wire to cool. When cool, ice and decorate.

Caramel icing

Brown sugar gives a strong caramel flavour; spread icing fast before it sets

Overall timing 15 minutes

Equipment Small non-stick pan, pastry brush

Freezing Not recommended

INGREDIENTS

8oz	Demerara sugar	225g
1oz	Butter	25g
4 tbsp	Milk	4×15ml

METHOD

- 1 Place all ingredients in a small pan. Stir over a very gentle heat till the sugar has completely melted. Using a pastry brush dipped in cold water, brush any crystallized sugar above the level of caramel down into the caramel.
- 2 Increase heat and let caramel bubble, without stirring, for about 5 minutes till it reaches 240F (120C) or, when a little bit dropped into cold water, forms a soft, spongy ball.
- 3 Remove from heat and beat with a wooden spoon till it becomes thick and begins to set.
- 4 Working quickly, spread icing over prepared cake, smoothing or roughing up surface with a palette knife. Allow to set before serving.

Caramel fudge icing

Creamier than caramel icing, this fudge icing turns any cake into a party dessert; it decorates a 9–9½ inch (23–24cm) cake. Halved walnuts or blanched almonds add the finishing touch. To measure golden syrup, dip spoon or stand tin of syrup in boiling water beforehand so syrup flows freely

Overall timing 8 minutes

Equipment Saucepan

Freezing Not recommended

INGREDIENTS

1oz	Butter	25g
2 tbsp	Golden syrup	2×15ml
1 tbsp	Milk	15ml
1 teasp	Vanilla essence	5ml
8oz	Icing sugar	225g
1 tbsp	Ground cinnamon	15ml

METHOD

- 1 Heat butter and golden syrup in a saucepan for 2 minutes over a moderate heat. Add milk, then remove from heat and stir in vanilla essence.
- 2 Sift half the icing sugar and cinnamon into the saucepan, stir in well. Sift the rest and add.
- 3 Pour icing over cake and smooth surface with a spatula dipped in hot water to give a good finish.



Right: Caramel ring cake, decorated here with Caramel fudge icing (see recipe above right). If you want to serve the cake as a special party dessert, fill centre with whipped cream