

Fatless Sponge Cake

YOU MUST WORK WITH SPEED AND BE ORGANIZED

Ingredients

100g (4oz) caster sugar
4 eggs
100g (4oz) self raising flour

Filling

2 tbsps low sugar jam
200g fresh fruit (washed at home)
1tbsp icing/caster sugar

Notes

- **Please bring cake tin to take home**
- **Check allergies of consumer before serving.**

Method

- 1) Light oven gas mark5, 190C.
- 2) Grease and line 2x8" sandwich tins.
- 3) Sieve the flour onto a plate. Get out tablespoon.
- 4) Whisk the eggs and the sugar on full speed using a food mixer or if whisking by hand place the bowl over a pan of hot water and whisk until the mixture becomes creamy white and a ribbon trail is left in the top of the mixture when some mixture is lifted from the bowl.
- 5) The next2 stages should take just 1 minute
- 6) Sieve the flour (again) into the mixture cut the flour in with a large metal spoon (Folding in) Use a slicing action to prevent cutting out the air.
- 7) Pour the mixture evenly into the two cake tins. Tilt the tins to spread.
- 8) Bake until light golden brown and springs back to the touch approx 15mins.
- 9) Remove from the tins and place on a cooling wire to allow to cool.
- 10) Fill the cake base sponge with jam and fruit, sandwich with top sponge.
- 11) Sieve over icing sugar or sprinkle top with caster sugar.

