

Spiced Apple Cake

Ingredients.

12oz 350g Self Raising Flour
 Spelt Flour & Rye
 Gram Flour + Baking Powder
5oz 150g Butter or Vegetable Fat
6oz 175g Castor Sugar
1oz 25g Demerara Sugar
2 Medium Cooking Apples
1 Egg or Egg Replacement
1/4 tsp Ground Cinnamon
1 tbsp Milk or Soya Milk

1oz Golden Castor Sugar and 1/4 tsp Cinnamon to
 sprinkle on top.

Preparation

Grease & Line a large cake tins. 8 inch/20cm in diameter or
two 1lb loaf tins.

Flour the edges.

Method

Peel and cut the apple into chunks and sit in the mixture
of sugar and cinnamon.

Sift dry ingredients and rub in the butter or vegetable
fat.

Add the apple to the mixture.

Break open the egg and add the milk, whisking gently with a
fork.

Turn your oven on to heat up to 180 degrees C.

Add the wet ingredients to the dry and mix until you have a
soft sticky dough.

Transfer into your chosen tin.

Top with the mixture of castor sugar and cinnamon.

Cooking

Bake in the oven for 1 & 1/2 hours minutes, at least, at
180 degrees C.

After 20 minutes turn the tins around so that the rise
evenly.

After 1 hour check the centre for residue with a skewer.

Remove when firm and golden.

Cool in the tin on a wire rack before turning out.

Delicious served warm with cheese.