

All in One Sponge

Serves 10

Ingredients

50g self raising flour
50g wholemeal self raising flour
1 tbsp baking powder
110g low fat margarine
50g caster sugar
2 large eggs
½ teaspoon of vanilla extract

Method

1. Preheat the oven to gas mark 3, 325 degrees F, 170 degrees C. (160 degree fan)
2. Two 6 inch (15 cm) sponge tins, no less than 1 inch (2.5 cm) deep, lightly greased and lined with greaseproof paper or silicone paper.
3. Take a large roomy mixing bowl and sift flour and baking powder into it, holding the sieve high to give the flour a good airing. Then simply add all the other ingredients to the bowl and whisk them, preferably with an electric hand whisk or mixer till thoroughly combined. If the mixture doesn't drop off a wooden spoon easily when tapped on the side of the bowl, then add 1 or 2 teaspoons of warm water and whisk again.
4. Now divide the mixture between the two prepared tins, level off and bake on the centre shelf of the oven for about 25/30 minutes. When cooked leave them in the tins for only about 30 seconds, then loosen the edges by sliding a palette knife all round and turn them out onto a wire cooling rack.
5. Peel off the base papers carefully and when cool sandwich the cakes together with reduced jam.

Alternative ingredients

Add 1 tablespoon of cocoa powder to the basic ingredients. Omit the vanilla extract.

Or add 55 g (2 oz) of finely chopped walnuts, plus 1 tablespoons of instant coffee mixed with 1 dessert spoon of hot water, to the basic ingredients.

Omit the vanilla extract.

Or add the grated rind of a medium orange or lemon, plus 1 dessertspoon of the juice, to the basic ingredients.

Nutritional Info

Energy	123kcal
Fat	6g
Carbohydrate	15g
Sugar	8g
Fibre	1g

Joan Leeks

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