

Dorset Apple Cake

Ingredients

200g self raising wholemeal flour

100g butter

¼ pint of milk

200g apples

Pinch of salt

8 teaspoons of Spenada

1 egg

1. Sieve flour and salt, any remains just throw in.
2. Cut butter into chunks and then rub in with flour.
3. Mix in egg and then milk until and mixture is the consistence of a stiff cake mixture.
4. Wash and core apples, leave the skins on, and cut them in small cubes. Mix apples with other mixture.
5. Put mixture into a greased baking tray or an oven proof dish about 11" X 7".
6. Cook for about 45 minutes at 180. Depending on the oven.