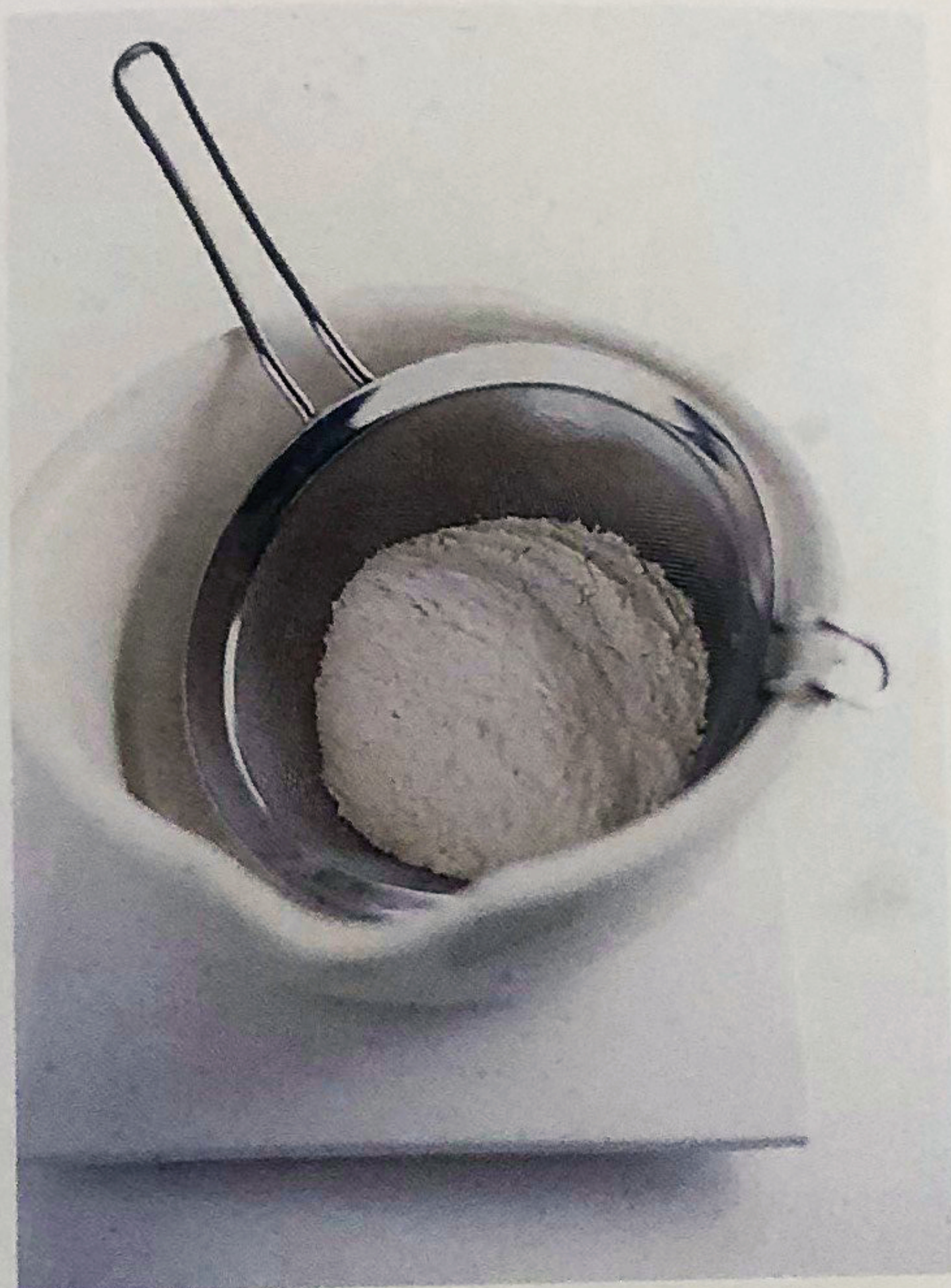
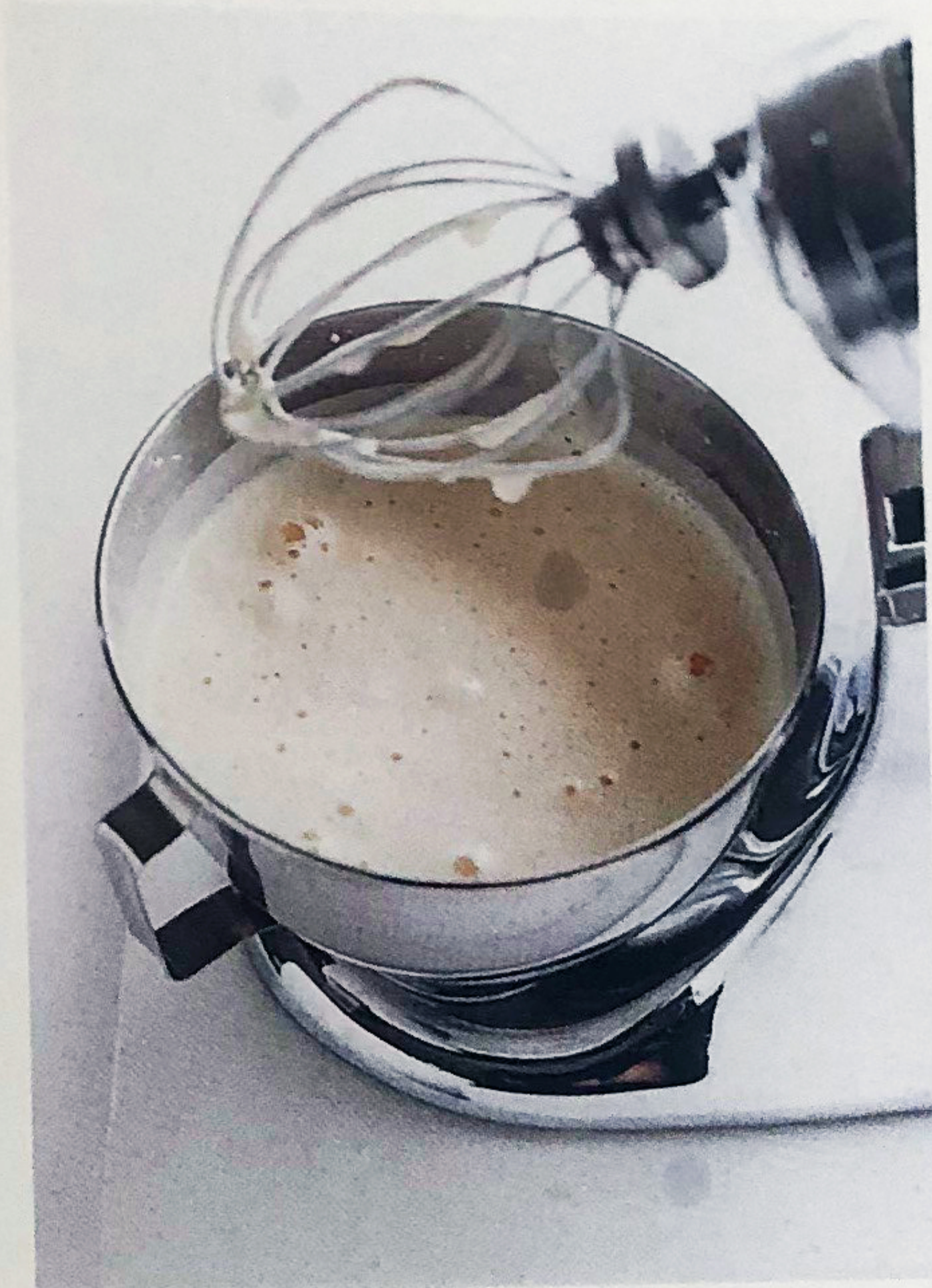


how to sponge cake

1 1/4 cups plain (all-purpose) flour
6 eggs
3/4 cup caster (superfine) sugar
60g (2 oz) butter, melted



Preheat the oven to 180°C (350°F). Sift the flour three times. Set aside. Place the eggs and sugar in the bowl of an electric mixer and beat for 8–10 minutes or until thick and pale and tripled in volume.



Sift the flour over the egg and sugar mixture and gently fold through. Fold through the butter. Grease two shallow 20cm (8 in) ■ round cake tins and line the bases with non-stick baking paper.



Pour half the mixture into each tin and bake for 25 minutes or until the cakes are springy to touch and come away from the sides of the tin. Cool on wire racks. Fill with whipped cream and jam (jelly) of your choice. To serve, sprinkle with extra caster sugar. Serves 8–10.

For a light and airy sponge, use a metal spoon to fold the flour through the egg mixture with a gentle cutting, lifting and folding action.

The following fillings are great variations on the traditional jam and cream.

lemon curd filling Use lemon curd (page 124) instead of jam (jelly) with the cream to fill the sponge.

fruit filling Fill the cooled sponge with cream and your choice of raspberries, blueberries or thinly sliced strawberries, peaches or apricots.

■ This recipe can also be used to make one deep 18cm (7 in) square sponge cake.