



Fruity Sponge



This versatile recipe can be used as a dessert or a cake. It can be eaten plain, or with golden syrup, honey or jam. There are so many ways to have this sponge! You can bake it with fruit or make it a chocolate treat.



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Gluten – Flour (wheat)
- * Milk – milk, butter
- * Egg – egg
- * Sulphites – sultanas, raisins or currants

Equipment

Sieve, glass bowl, ovenproof dish, knife, chopping board, wooden spoon or spatula, scales

Ingredients

- * 140grams (g) self-raising flour
- * 85g butter
 - 85g sugar
- * 1 egg
- * 2 tablespoons milk
 - Pinch of salt

Optional Extras

So many ways to have this sponge!

- Any tinned fruit – drained
- Any dried fruit – 85grams
- Plum, nectarine and peach – remove stones and halve
- Apple – take out core and chop up
- Raspberries/ blackberries – with a sprinkle of sugar
- Rhubarb – stewed a bit with some ginger if you have some
- Chocolate and Coffee – 1 dessert spoon and 1 teaspoon
- Citrus - add the grated rind of an orange or lemon

Method

 Serves 4



1 Preheat the oven to 190C/170C fan/ 375F gas mark 5



2 Cut any fruit up and take any stones out



3 Grease the ovenproof dish with some of the butter



4 Using electric beaters or a big spoon, mix the butter and sugar together until pale, light and fluffy



5 Add the egg and milk a little at a time and beat until absorbed



6 Using a sieve sift in the flour and salt and gently fold in until mixed



7 Place the sponge mixture into the dish and place the fruit pieces on top



8 Bake until the sponge is golden brown and springs back into shape when gently pressed (for about 30 minutes)

