

TASTE WITHOUT WASTE

Granny's Apple and Date Cake

Makes one bundt cake.

Ingredients

2 large apples, peeled, cored and cut into 1.5cm dice
185g pitted dates, roughly chopped
1 tsp bicarbonate of soda
1 cup boiling water
125g unsalted butter, softened
 $\frac{3}{4}$ cup sugar
1 large egg, lightly beaten
1 $\frac{1}{2}$ cups self-raising flour
 $\frac{1}{2}$ tsp ground cinnamon,

Method

Preheat the oven to 175C. Grease and lightly flour a capacity bundt tin. *Note that the cake can be baked in a regular springform tin – it may just be moister in the centre.

Place the apples, dates, bicarbonate of soda and boiling water in a medium sized bowl. Stir well and leave to cool for 15-20 minutes. Once at room temperature, drain the mixture, reserving 1/3 cup of the liquid. Alternatively, if you have the time, leave in the fridge over night and the dates will absorb all the liquid!

Sift together the flour and cinnamon. Set aside.

Beat the butter in a large bowl until creamy. Add the sugar and beat until very light and fluffy. Gradually add the egg along with about a tablespoon of the flour, beating well after each addition. Now fold in a third of the flour and then half of the fruit mixture and some of the reserved liquid. Fold in the next third of flour, the remaining fruit mixture and reserved liquid and then finally the last third of flour.

Spoon the mixture into your prepared pan and bake for 35 to 40 minutes or until browned on top and a skewer comes out clean when inserted.

Set the pan on a wire rack and leave to cool for 25 minutes. Carefully remove the cake from the pan and leave to cool completely on the wire rack.

Source: Adapted from Granny Brampton's recipe.

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