

Sticky Stem Ginger & Prune Cake

The English Kitchen blog (Marie Raynor)

Internet address:



170 grams self-rising flour (1 1/2 cups) sifted together with ginger

1 tablespoons ground ginger

120 grams unsalted butter, softened (8 1/2 TBS)

120 grams muscovado sugar (9 1/2 T packed), or dark brown sugar

1/4 cup Lyle's golden syrup (if you can't find it use dark corn syrup)

2 large eggs, beaten

100 grams stem ginger in syrup, finely chopped (about 1/2 cup or so)

100 grams prunes, finely chopped (about 2/3 cup loosely packed)

TOPPING::

2 tablespoons syrup from the jar of stem ginger

2 tablespoons turbinado sugar

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 10

Optional: if you like nuts, add some chopped walnuts or pecans to the batter - about 1/2 cup.

1. Preheat the oven to 350°F/180°C. Butter a medium sized loaf tin (about 8 1/2 inches by 4) and line it with baking paper. Set aside.

2. Cream the butter and sugar together until light and fluffy. Beat in the golden syrup. Add the beaten eggs a bit at a time, whisking until thoroughly combined. Whisk in the flour/ginger mixture. Stir in the prunes and chopped stem ginger. Spread the batter into the prepared loaf tin, smoothing over the top. Bake in the preheated oven for 40 to 50 minutes, until the top springs back when lightly touched and a toothpick inserted in the centre comes out clean. Or use an instant read thermometer and remove when it reaches 200-205°F.

3. Remove from the oven. Immediately brush the top with the stem ginger syrup allowing it to absorb completely (any excess will pool in the center crease - try not to let that happen). Sprinkle with the demerara sugar and allow to cool completely in the pan. Wrap in plastic wrap overnight - will make for easier slicing. As this makes a very tender cake, cut into thicker-than-usual slices to serve.

Yield: 1 loaf

Per Serving (excluding unknown items): 291 Calories; 11g Fat (33.0% calories from fat); 3g Protein; 47g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 251mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.