

Beatrice's Delicious Dorset Apple Cake

Why I chose this recipe (Beatrice Waddington, Reception – Chestnut)

This is a very special recipe to me and I love eating this delicious cake when I am in Dorset with my Grandparents on their farm. Dorset is a special place to me as I was born there, and my Mummy, Grandma and Great-Grandma were too. Whenever there is a special occasion my family will cook this cake, and in the autumn time when the apples are ready we always make it using apples from my Grandparent's garden and orchard close-by. I always enjoy running through the fields with my Grandma and Grandpa in the autumn time in Dorset, picking apples from the trees (and finding any that have fallen on the grass) to use in this yummy recipe.

Ingredients

225g wholemeal self-raising flour
2 tsp ground cinnamon
115g unsalted butter, diced and chilled
80g brown unrefined sugar (we like to reduce from the original 115g)
1 large egg, beaten
6-8 tbsp milk
225g cooking apple, peeled, cored and diced
Note: Serves 8 people

Utensils

Large mixing bowl
Wooden spoon
Peeler
Cake tin

Food groups

This cake is a treat for special occasions, as it contains sugar and butter. It is packed full of apples, a good source of vitamin C. We like to use wholemeal flour and unrefined sugar in our recipe. The food groups in this recipe are:

- Protein – eggs
- Dairy - milk
- Carbohydrate – wholemeal flour
- Fruit – apples
- Fats and sugars - butter

Method

- 1) First, we heated the oven to 180C/160C fan/gas 4. Then we greased and lined a deep cake tin with baking parchment (cutting out a circle for the base).
- 2) We then mixed the flour and cinnamon together in a large bowl. After that we added the butter and rubbed it into the flour using our fingers (until it looked like breadcrumbs).



3) Then we stirred in the light brown sugar.



4) Next, we beat in the egg, followed by 6 - 8 tbsp of milk, until it turned into a smooth, thick cake mix. After that we added the apples and mixed it all together.



5) Once well mixed it was ready to be tipped into the tin and gently levelled out.



6) Finally, we baked it in the oven for 30-40 minutes (or until golden).

7) Enjoy!

