

Ginger Cake



One of Nanna's all time favourite cakes

Ingredients:

- 2 tablespoons of butter
- 1/2 a cup of brown sugar
- 1 tablespoon of golden syrup
- 1/2 a teaspoon of bicarb soda
- 1 teaspoon of vinegar
- 1 egg
- 2 tablespoons of chopped preserved ginger
- 1 flat tablespoon of ginger
- 1/2 a cup of self raising flour
- 1/2 a cup of plain flour

Optional - you can replace the ginger with the following: 1/2 a cup of chopped dates OR 2 tablespoons of raisins AND 2 tablespoons of chopped nuts.

Simmering time on the stove top: 30 minutes

Thermal cooking time: 3 hours minimum

Method:

1. Melt the butter, sugar and golden syrup over a low heat.
2. Stir in the bicarb soda, vinegar and preserved ginger.
3. Allow the mixture to cool.
4. Add the lightly beaten egg.
5. Sift the dry ingredients and stir in lightly to the mixture.
6. Put the mixture into a 15 cm cake tin or Pyrex bowl that has been lined with baking paper.
7. Lay a round of baking paper over the top of the mixture and then cover the tin with a piece of Alfoil or a suitable lid to prevent condensation from dripping on the cake.
8. Place a trivet or metal pastry ring on the base of the inner saucepan and rest the cake tin on it. (in the 3 litre inner saucepan the cake tin can rest on a fold on Alfoil)
9. Pour in enough water to come 2/3 the way up the sides of the cake tin.
10. Bring the water to the boil.
11. Simmer gently for 30 minutes.
12. Turn off the heat and transfer the inner saucepan into the vacuum insulated outer container.
13. Close the lid and leave for 3 hours minimum.

NOTE: As cakes do not dry out you can cook these in the evening and leave them all night.