



Jo Brand's

Favourite cake recipe: Sticky Date Cake

(I'm referring to my 'battered' and stained copy of my mainstay recipe book – from Delia's oeuvre, always successful and delicious, so thanks Ms Smith. Plus it's really easy; a 'boil and bake' cake).

Ingredients

- 100g raisins
- 225g chopped dates
- 175g sultanas
- 275g margarine
- 275ml water
- 1 large tin of condensed milk
- 150g plain flour
- 150g wholemeal flour
- 3/5 tsp bicarbonate of soda
- Pinch of salt
- 1 generous tbsp of chunky marmalade

Method

Pre-heat the oven to Gas Mark 3 / 170°C.

Grease and line a 20cm square baking tin.

Place all the fruit in a saucepan with the margarine, water and condensed milk and bring to the boil. Stir frequently to prevent 'sticking' – I use a wooden spoon. Simmer for exactly three minutes and stir occasionally. Transfer the mixture to a large mixing bowl and allow to cool for 30 minutes.

While it's cooling, sift the flours into a bowl along with the salt and bicarbonate of soda – include the sifted out bran that may be left in the sieve.

When the fruit mixture has cooled, carefully stir in the flour et al, and add the marmalade. When well combined spoon everything into the tin. This cake goes in the oven for 2½ to 3 hours and can get a bit over brown on the top so Delia suggests 'cover with a double square of greaseproof with a hole the size of a 50p piece in the centre', so you may need one to hand – plus pencil and scissors.

When cooked use the knitting needle test or pressure from a finger. Let the cake cool for five minutes before turning out onto a wire tray.

P.S. from Delia. She says 'the cake will keep well for several weeks in an airtight tin and improve with keeping'. Hmmm....



The Brooke Hospital for Animals

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