



# CAPEL ST MARY ALLOTMENTS ASSOCIATION

*1977 to 2020 "We've Been Growing for more than 40 Years"*

*Affiliated to RHS & NAS*

*President Steve Baker*

[www.capelallotments.co.uk](http://www.capelallotments.co.uk)

## 2020 Show Schedule Recipes

### **APRICOT TEA CAKE**

900g loaf tin and liner

Oven temperature 170C, 340F, Gas 3, Fan 150.

Cooking time 60 – 90 minutes

115g golden syrup

55g black treacle

55g butter

115g golden castor sugar

285 brown SR Flour

5g mixed spice

225g chopped dried apricots

2 medium eggs

60ml milk

### Method

- Measure syrup and treacle into saucepan. Add butter and sugar and gently heat until all ingredients have melted. Remove from heat.
- Sieve flour and spices into a mixing bowl. Stir in fruit, eggs and milk. Pour in the syrup mixture and mix well.
- Pour mixture into a greased and lined 900g loaf tin.
- Cook for the required time until firm to touch and golden
- Remove from oven and allow to cool for 5 minutes in tin before turning out onto wire rack.

## **MARMALADE LOAF**

900g loaf tin and liner

Oven temperature 180C, 350F, Gas 4, 160 Fan. Turn down to 160C, 312F, Gas 2.5, 140 Fan.

Cooking time 30 minutes on higher temperature then 15-20 minutes on lower temperature.

100g butter

75 -100g light brown sugar

100g marmalade

200g SR flour

Pinch of salt

3 large eggs

1 tablespoon of rum or brandy (optional) or water

### Method

- Cream butter and sugar together
- Beat in eggs and marmalade
- Sieve flour and salt in a mixing bowl and gradually stir into above mixture
- Add enough rum/brandy/water to form a dropping consistency
- Pour mixture into a greased and lined 900g loaf tin
- Cook for the required time remembering to turn down the oven after 30 minutes
- Remove from oven and allow to cool for 5 minutes in tin before turning out onto wire rack.

### Note

The marmalade makes it very sweet so have suggested reducing the amount of sugar