

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Baked Treacle Sponge

Ingredients

250g golden syrup
5 tbsp white breadcrumbs
200g butter, softened
200g golden caster sugar or ordinary caster sugar
Zest of 1 lemon and juice of ½ lemon
3 medium eggs
200g white self-raising flour
5 tbsp milk

Method

Heat the oven to 180°C/gas mark 4. Mix the golden syrup, lemon zest, juice and breadcrumbs together. Spread over the base of a 1.5 litre dish.
Beat the butter and sugar together until pale and fluffy then beat in the eggs one at a time. Stir in the flour and milk and spoon evenly over the syrup base.
Bake for 35-40 minutes until golden and risen. Test with a skewer – poke the skewer gently into the sponge topping. It should come out cleanish when the sponge is cooked.
Serve with custard, cream or vanilla ice-cream and some warmed golden syrup to spoon over the top.

Per person (recipe serves 8)

Kcal 512
Carb 70g
Fat 23g
Protein 5.6g