Food Preparation and Nutrition

Victoria Sponge



Ingredients list

- 4 large
- 200g caster sugar
- 200g self-raising flour
- 200g baking spread
- 1 tsp vanilla essence
- To serve
- Jam
- Icing sugar

Equipment list

- Glass mixing bowl
- Wooden spoon
- Plastic baking spatula
- 2 cake tins (the same size!)
- Piece of greaseproof paper
- Pencil
- Scissors

Method

- 1. Preheat the oven to 180C/Gas 4
- 2. Grease sandwich tins with either butter or oil
- 3. Draw around the bottom of the tins using parchment paper and cut out 2 circles.
- 4. Line the bottom of the 2 tins with a circle of baking parchment do not have any going up the sides!





Method

- 5. Place eggs, flour, sugar and butter into a large bowl. Mix everything together until well combined. The easiest way to do this is with an electric mixer but can also be done with a wooden spoon.
- 6. Divide the mixture evenly between the 2 tins.
- 7. Place the tins in the middle shelf of the oven and bake for 20-25mins. Don't be tempted to open the door while they are cooking or they will sink and not rise!







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Method

- 8. The cakes are done when they're golden brown and coming away from the edge of the tin. Press them gently to check they are springy to touch and not still raw in the middle.
- 9. Remove from the oven. Run a palette knife around the inside edge of the tin to loosen the cake and carefully turn out onto a cooling rack.
- 10. Once cooled, evenly spread jam over the flat edge of one of the cakes.
- 11. Place the other cake on top, flat side down so that the jam is in the middle
- 12. On the top of the cake, using a sieve, lightly dust the cake with icing sugar to finish.









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