

Genoese Sponge



Ingredients list

- 60g butter
- 125g plain flour
- Pinch of sea salt
- 4 medium eggs
- 125g caster sugar

To serve:

- 200ml double cream, lightly whipped
- 1 tbs caster sugar
- 250g raspberries/ blackberries/ blueberries
- Vanilla sugar or plain caster sugar

Equipment list

- Electric whisk
- Plastic spoon
- Cake tins x3
- Glass bowl
- Saucepan
- Sieve
- Baking parchment

Method

1. Heat oven to 190C/gas 5. Collected 3 x 6" Then line the bottom of the tins with greased baking paper.
2. Boil some water from the kettle and 1/3 fill a small saucepan. Put the sugar and eggs in a large heatproof bowl over this saucepan and whisk with an electric hand whisk for about 7 mins or until the mixture is pale and has trebled in volume. Meanwhile melt the butter gently in a saucepan , then slowly pour in the butter folding it in as you pour until it is completely mixed in.
3. Gently fold the flour and a pinch of salt into the egg mixture, and then pour into your prepared cake tins. Cook for 12-14 mins until the cake is golden and risen. Allow the cakes to cool for a few mins in the tin, then remove and cool completely on a wire rack .
4. Meanwhile, whip the cream and a tbs of sugar until it just holds its shape, then set aside.
5. To assemble the cakes carefully spread the whipped cream over one side and then cover with the fruit. Place the other half of the cake on top and dust lightly with icing sugar.

Tips for making the perfect genoise sponge

- Using a baine-marie to whip the eggs will help create a larger volume and allow the sugar to dissolve.
- Use ingredients at room temperature. It is especially important to use eggs at room temperature, as these will produce the most volume when whipped. If you have been storing eggs in the fridge, then you can warm these slightly by placing in a bowl of warm water for 5-10 minutes.
- Fold the melted butter in very gently, making sure it's completely mixed in without reducing the volume of the whipped sugar and egg mixture.
- Another way to maintain the volume is to add the flour in batches to the mixture, and using sifted flour so it incorporates more evenly.
- Use an electric whisk or stand mixer to beat the mixture, as this will help incorporate enough air.
- To prevent the cake sinking in the middle, avoid opening the oven door during baking and make sure to beat the eggs and sugar until they are properly thickened and at the ribbon stage (where a trail of mixture is left on the surface for 10 seconds when you pull out the beater).