

FRUIT FLAN (Fatless Sponge)



INGREDIENTS

50g (2oz) Plain flour
50g (2oz) Caster sugar
2 eggs
1 can fruit or frozen
2 tsp arrowroot

Skills:

Nutrition:

Food Science:

Time

Method

1. Oven: Gas 7, Electric 210°C.
2. Line a 20cm cake tin
3. Whisk sugar and eggs together in a mixing bowl, until the mixture becomes thick and creamy, and holds a trail for 2-3 seconds.
4. Sieve the flour, and fold in with a metal spoon.
5. Pour mixture into tin. Spread very gently into the corners
6. Bake for approximately 10 minutes until golden and 'springy'
7. Turn out onto a serving plate. Drain the juice from the fruit into a measuring jug. Add enough water to make 150ml.
8. Arrange fruit in a pattern on top of the sponge.
9. Make fruit sauce using the juice from the fruit by putting arrowroot and 150ml juice in a small sauce pan. Bring to the boil stirring continuously. Cook until the sauce goes clear.
10. Allow to cool a little. Pour over the fruit and leave to set.

Safety and quality points

Evaluation: