

Tropical Fruit and Ginger Cake suggested by Jill Dodd

Ingredients

- 100g (3 ¾ oz) golden syrup
- 100g (3 ¾ oz) black treacle
- 50g (1 ¾ oz) pitted dates, roughly chopped
- 50g (1 ¾ oz) dried mango, thinly sliced
- 50g (1 ¾ oz) dried pineapple, thinly sliced (we used crystallised pineapple)
- 125g (4 ½ oz) unsalted butter at room temperature
- 125g (4 ½ oz) golden castor sugar
- 2 large eggs (beaten)
- 275g (9 ½ oz) plain flour
- 1 ½ tsp bicarbonate of soda
- 1 tsp salt
- 1 tsp ground cinnamon
- 1tsp ground ginger



For the syrup

- Grated zest and juice of 1 lemon
- 50g (1 ¾ oz) golden castor sugar

Method

- Place golden syrup, treacle and 225ml (7 ½ fl oz) water in a large saucepan and bring to the boil. Add the mango, pineapple and dates and simmer gently for 5 mins. Pour onto a shallow plate to cool at room temp for about 15 mins.
- Pre-heat oven to 180C (350 F/Gas 4), Grease a springform tin and line with baking parchment
- Cream the butter and sugar in a large bowl with a whisk or wooden spoon until light and fluffy. Beat in the eggs gradually. Sift over the flour, bicarbonate of soda, salt, cinnamon and ginger, then add the cooled fruit mixture. Fold in gently with a metal spoon
- Transfer to the prepared tin and bake in the centre of the oven for 50 mins or until a skewer inserted in the centre comes out clean. Remove from the oven and leave in the tin whilst you make the syrup.
- To make the syrup, place the lemon zest, juice, 60ml (2 fl oz) water and sugar in a small saucepan and heat gently to melt the sugar, then boil for 3-4 mins to reduce to a slightly sticky syrup
- Prick the top of the cake with a skewer and pour the hot syrup over the surface, letting it soak into the holes
- Leave to cool completely in the tin before turning out.

The cake can be stored for up to 5 days in an airtight tin.