

Honey and ginger cake

250g plain flour
50g ground almonds
Pinch of salt
1 heaped tsp ground ginger
Pinch of ground cloves
1 lemon
125g soft brown sugar
100g butter
4 tbsp honey
3 tbsp syrup taken from a jar of stem ginger
1 tbsp black treacle
3-4 lumps stem ginger in syrup
2 eggs
1 tsp bicarbonate of soda
2 tbsp milk

Preheat the oven to 180°C/Gas 4. Line a cake tin with a piece of foil so that it overlaps the lip of the tin a bit.

Put the flour, ground almonds, salt, ginger and cloves into a mixing bowl. Grate the zest of the lemon and put it into the bowl. Put the soft brown sugar and butter into the saucepan. Add the honey, ginger syrup and treacle. Finely chop the pieces of stem ginger and add them to the pan. Squeeze the juice from the lemon and add it too.

Place the saucepan over a low heat, stirring from time to time until the butter and sugar have melted. Switch off the heat.

Pour the honey mixture into the bowl of flour and spices. Stir well until you get a thick mixture. Break in the eggs one at a time, beating them in well with the wooden spoon.

Put the bicarbonate of soda into a cup and add the cold milk and a tablespoon of hot water. Dissolve the soda and add this mixture to the bowl, beating it in slowly at first and then really well.

Pour the mixture into the foil-lined tin. Put the tin into the hot oven for about 30-40 minutes. Test whether the cake is ready by sticking a skewer into the centre – it should come out clean.

Remove the tin from the oven and leave for a few minutes, then lift out the cake with the foil and cool completely on a wire rack.