



Sponge Cake

A beautifully moist cake, light enough to enjoy any time of the day!

Ingredients

Sponge Cake

- 2 heaped teaspoons plain (all-purpose) flour
- ½ teaspoon bicarbonate of soda
- 1 level teaspoon cream of tartar
- Wheaten cornflour
- 4 eggs, at room temperature
- ¾ cup (165g) caster sugar
- 1 teaspoon vanilla essence

Sponge Cake Cream

- 300ml cream
- 1 tablespoon icing sugar, sifted
- ½ teaspoon vanilla essence
- Strawberry or raspberry jam
- Fresh strawberries or raspberries to serve

Method

1. Preheat oven to 190C (or 170C for a fan forced oven). Using canola spray grease two 20cm round cake tins, ensuring you grease the sides well so that the sponge cakes rise easily and neatly.
2. Put the flour, soda and cream of tartar in a 1 cup measuring cup. Add as much cornflour as is needed to fill the rest of the cup.
3. Beat the eggs and sugar with an electric mixer for 7 minutes. Add the vanilla and beat for a further 30 seconds to combine.
4. While the eggs and sugar are beating, sift the flour mixture three times. I find it easier to do this between bowls however you could easily use greaseproof paper.
5. Turn the mixer to the lowest speed and gently add the flour mixture. Beat it all together for 1 minute until the mixture is smooth. Divide the mixture between the two cake tins using a metal spoon if you need to help things along. Lightly tap the tins on the work bench to remove any large air bubbles in the sponge texture.
6. Place the tins on the centre shelf of the oven and bake for approximately 20 minutes or until the sponges spring back when lightly touched in the centre.
7. Take the sponges out of the oven. Turn sponges out from the tins onto baking paper covered wire racks (this is absolutely necessary as the sponge will stick to the wire rack if it is not covered in baking paper – experience is speaking here!!). Allow the sponges to cool completely.
8. Once the cakes have completely cooled, whip the cream, sugar and vanilla essence until you have a smooth whipped cream.
9. Place one sponge cake on a serving plate and spoon the jam onto it, smoothing to the edges using an offset spatula. Spoon half of the whipped cream onto the jam and smooth to the edges, leaving about 1.5cm to allow for the cream to spread to the edge of the cake once you put the top sponge on. Place the second sponge on top of the base sponge. Add the remainder of the cream to the top of the cake and smooth to the edges again using an offset spatula. Place the fresh berries on top and you have one stunning cake!

Tips for making sponges

1. Always use eggs at room temperature.
2. It is important to take note of the above beating times as overbeating could cause the sponge to crack or not rise neatly. Underbeating on the other hand could mean that not enough air is created and again the cake will not rise neatly.
3. Use a metal spoon when placing the mixture into the tins.
4. Do not open the oven for at least the first ¾ of baking time as the sponges may sink once you take them out of the oven.