Baking day

Ready for a day to fill your home with baking aromas?
Put on some festive tunes and follow this simple, ancient recipe…

Fouace.
This is a traditional cake that my grandmother used to make, plain but delicious. It is her own recipe, tweaked and adjusted over the years till it was just as she liked it, and handed down to my Mum, who kindly handed it down to me. Best served at 11am, with coffee, or whenever you need to put your feet up. The next day for breakfast is also good!

500g plain flour
110g unsalted butter
1.5 teaspoons baking powder
180g granulated sugar
2 eggs
1 glass milk
1.5 glasses water
1 tsp fleur d'oranger or vanilla essence to flavour

Heat the oven to 220.
Melt the butter and let it rest while buttering a ring mould and putting all the ingredients in a bowl. Add the melted butter and mix everything well with a wooden spoon. Pour into the mould. Cook the Fouace at 220 till it is turning a golden colour on top, then turn the oven down to 170 and leave to cook for about 45 mins.
Leave to cool completely in the mould before turning it out.

You can break with tradition if you want and turn it into a festive cake, by adding some candied peel, 1tsp mixed spice and 1tsp cinnamon to the mix. But if you do this don't add any fleur d'oranger as that will taste very strange.

Wish to cook up some festive hot chocolate while you wait?

The fouace takes time to cook and cool down. Enough time to make some very special hot chocolate! Which will go very well with the cake. Serves two with top ups.

1 pint milk
100g dark chocolate broken in to small chunks
1 heaped tablespoon unsweetened cocoa powder
1 tsp mixed spice
1 tsp cinnamon
0.5 tsp ground nutmeg
pinch salt
1 tablespoon light or dark brown sugar

Heat the milk gently. Add all the ingredients, stir until the chocolate has melted and the sugar is dissolved. Heat till smoking but do not boil. Serve in sturdy mugs.

Enjoy your baking day!!