

# Helmdon Gardening Club Flower and Produce Show 2012

## Class 43: Guinness Cake

### Ingredients

2/3 cup dark raisins or currants

3/4 cup dried cherries

1 1/3 cups golden raisins

1 bottle Guinness stout, or similar dark beer

1/2 cup butter

1 cup brown sugar

3 eggs, beaten

2 1/4 cups self-rising flour

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon ground allspice

1 pinch salt

### Instructions

Place dried fruit in a bowl and cover with Guinness. Allow to soak overnight.

Preheat oven to 180C/350F/Gas Mark 4. In a large mixing bowl, cream the butter and sugar together until smooth, then beat in the eggs one at a time.

Strain fruit, reserving the Guinness separately. Add flour, spices, salt, and drained fruit to butter and sugar mixture. Add enough fresh Guinness to the drained stout to measure 8 fluid ounces and add to batter, mixing thoroughly to combine.

Grease an 8-inch cake pan and add batter, smoothing top evenly.

Bake in preheated oven for about 2 hours, until the center is firm.

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### Class 44: Banana and Honey Teabread

#### Ingredients

115g (4oz) margarine

115g (4oz) light soft brown sugar

115g (4oz) set honey

2 eggs, beaten

225g (8oz) self-raising flour

½ teaspoon ground nutmeg or cinnamon

2 large bananas

Squeeze of lemon juice

#### Instructions

Preheat oven to 180C/350F/Gas Mark 4. Lightly grease and line a 900g (2lb) loaf tin. Beat together margarine, sugar and honey in a bowl until light and fluffy. Gradually beat in eggs, then fold in flour and spice.

Peel bananas, mash flesh with a little lemon juice. Fold mashed bananas into teabread mixture until well mixed. Spoon mixture into prepared tin and level surface.

Bake in oven for 1-1 ¼ hours or until risen, golden brown and firm to touch. If necessary, cover lightly with non-stick baking paper or foil towards end of cooking time to prevent loaf over-browning.

Cool for a few minutes in tin, then turn out onto wire rack.