

Recipe

Ingredients

- 225 g (8 oz) softened butter
- 225 g (8 oz) caster sugar
- 4 large eggs
- 225 g (8 oz) self-raising flour
- 2 level tsp baking powder
- 2 x 20cm (8in) greased and lined sandwich tins

For the filling and topping:

- 4tbsp strawberry or raspberry jam
- A little caster sugar, for sprinkling



Method

- 1.Preheat the oven to 180°C/Fan 160°C/gas 4. Grease two sandwich tins then line the base of each tin with baking parchment.
- 2.Measure the butter, sugar, eggs, flour, and baking powder into a large bowl and beat until thoroughly blended. Divide the mixture evenly between the tins and level out.
- 3.Bake in the preheated oven for about 25 minutes or until well risen and the tops of the cakes spring back when lightly pressed with a finger. Leave to cool in the tins for a few minutes then turn out, peel off the parchment and finish cooling on a wire rack.
- 4.When completely cold, sandwich the cakes together with the jam. Sprinkle with caster sugar to serve.

'Days of Yore' Bricolage



The Sponge Cake



The Americans celebrate National Sponge Cake Day on 23 August; in the UK it's the nation's favourite every day!

The perfect sponge is unbeatable – it's the quintessential choice for afternoon tea.

It's as classic as it gets!

Which is perhaps why Queen Victoria enjoyed it so much ...

But how did the Victoria sponge become synonymous with sponge cakes in general?



How it began ...

In the nineteenth century, the evening meal was often described as High Tea and was taken between the hours of 8.00 and 9.00 pm. It would be eaten at the dining table, and would include fare such as meats and strong tea.

Anne Russell, 7th Duchess of Bedford, was far too impatient to wait until such a late hour for refreshments. And so, she would insist that some tea and light food be brought to her drawing-room in the afternoon – lest she die of hunger ...

She later began inviting friends to share her afternoon tea and cake. One of these friends just happened to be Queen Victoria – and so the trend of afternoon tea began.

And the Queen became a particular fan of the good old sponge cake ...