

NUTRITION: Lazza's Kitchen

Fairy Cakes

Lazza is still trying out new recipes
Today - he bakes some fairy cakes for the first ever time

The earliest surviving description of what is now often called a cupcake was in 1796, when a recipe for "a light cake to bake in small cups" was written in "American Cookery" by Amelia Simmons. The earliest surviving documentation of the term *cupcake* itself was in "Seventy-five Receipts for Pastry, Cakes, and Sweetmeats" in 1828 in Eliza Leslie's "Receipts" cookbook



Not a lot of ingredients.
I decided not to add icing this time.

4oz / 110g Butter
4oz / 110g Caster Sugar
4oz / 110g Self-Raising Flour
2 eggs
Vanilla Essence

1. Preheat the oven to 180C/350F/Gas 4 and line a 12-hole fairy cake tin with paper cases.
2. Cream the butter and sugar together in a bowl until pale. Beat in the eggs, a little at a time, and stir in the vanilla extract.
3. Fold in the flour using a large metal spoon. Add a very little milk (if needed) until the mixture is a soft dropping consistency and spoon the mixture into the paper cases until they are half full.
4. Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean (mine weren't golden, but are cooked perfectly!!)
5. Set aside to cool for 10 minutes
6. Remove from the tin and cool on a wire rack

Yes, it is a fairly simple recipe, but do they have to be complicated for us to try them out? I had never made Fairy Cakes, even as a kiddie. And they are in the oven at the moment, smelling terrific.



Once again I amaze myself.
They turned out lovely.

Tasty, spongy, and actually
quite light.
Give it a go!!!

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and tasty bake to prepare.