

NUTRITION: Lazza's Kitchen

Victoria Sponge

Lazza is still trying out new recipes
Today - he makes his first ever Victoria Sponge

The pound cake became popular in Britain in the eighteenth century as cake moved away from its heavy, fruity incarnations toward something lighter and more golden, eventually becoming the iconic Victoria sandwich cake.

The Victoria sponge, was named after Queen Victoria.



4 free range eggs
225g/8oz caster sugar, plus a little extra for dusting the finished cake
225g/8oz self-raising flour
2 tsp baking powder
225g/8oz butter at room temperature, plus a little extra to grease the tins
good-quality strawberry or raspberry jam
Whipped double cream (optional)

Preheat the oven to 180C/160C Fan/Gas 4.
Grease and line two 20cm/8in sandwich tins.
Mix the eggs, flour, sugar, butter, and baking powder in a bowl.
Divide the mixture between the tins, smoothing surfaces
Bake for around 15 minutes
Turn out onto cooling racks after five minutes
Spread jam and cream on top of them, then place on top of each other.
Sprinkle with caster sugar.

I mistakenly made one big one to cut in half. This meant longer in oven and hence slightly overcooked on top. But still tasted utterly divine.



Yep, my first ever Victoria Sponge will never win an award for presentation. Lol.

It may look burned, but actually was just darker as took a little longer.

With jam and cream it took me back to when I was younger!! Delicious.

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 very tasty cake to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!