NUTRITION: Lazza's Kitchen

Ginger Cake

Lazza is still trying out new recipes
Today - he makes his first ever Ginger Cake from scratch

This cake is actually a British cake that got it's name from using Jamaican ginger. Jamaica was one of the first British Caribbean colonies to produce ginger for export to Britain and Europe. Jamaican ginger became popular and was known for its medicinal properties. It was used to treat stomach or gastrointestinal conditions

100g/3½oz softened unsalted butter
225g/8ox golden syrup
110g/4oz soft dark brown sugar
200ml whole milk
4 pieces preserved stem ginger (finely chopped)
4 tbsp syrup from preserved ginger jar
225/8oz self-raising flour
1tsp bicarbonate of soda
1tsp of each: mixed spice, ground ginger, cinnamon
1 egg - lightly beaten

Preheat oven to 170C/340F. Grease an approx. 7in square tin and line base with baking parchment. (I am proud to be using that now, as nothing sticks).
Place the flour, bicarb, spices in a large bowl and mix these together.
In a saucepan, heat the butter, syrup, sugar, milk, and ginger syrup, until the butter has melted. Take off hear and leave to cool for around 5 minutes.
Pour the wet mix on top of the dry mix in the bowl and whisk together using a balloon whisk preferably.
Stir in the finely chopped preserved ginger, and the beaten egg, and whisk in.
Pour batter into the tin and cook for 35-45 minutes until skewer in middle comes out clean.
Leave to cool in tin. Turn out onto rack. Enjoy anyway you wish. :-)

I recall getting Jamaica Ginger Cake with custard at home when I was little.
I always loved it.
Thanks to a recipe from our wonderful Izzwalkz friends, Rob and Win, here is a homemade version from scratch.
Smelt great in the oven.
Tasted divine!! You must make this.

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!!!