

## NUTRITION: Lazza's Kitchen

### Dorset Apple Cake

**Another New Recipe from Lazza's Kitchen.  
Toady he makes his first ever Dorset Apple Cake from scratch**

The term "cake" has a long history. The word itself is of Viking origin, from the Old Norse word "kaka". The ancient Greeks called cake "plakous", which was derived from the word for "flat". It was baked using flour mixed with eggs, milk, nuts, and honey. During the Roman period, the name for cake became "placenta" which was derived from the Greek term. A placenta was baked on a pastry base or inside a pastry case.



225g/8oz Cooking Apples (I used Bramley - peeled, cored, and chopped)  
Juice of a Lemon  
225g/8oz Plain Flour  
1½ tsp Baking Powder  
115g/4oz softened diced Butter  
165g/5½oz soft brown sugar  
1 egg (beaten)  
1 tsp Cinnamon  
2-3 tbsp of milk

Pre-heat the oven to 180°C/350°F - Gas 4.  
Grease and line your baking tin (around 18cm/7inch round)  
Toss the chopped apple in with the lemon juice and set aside.  
In a bowl put the flour, baking powder, and rub in the butter, till breadcrumbs  
Stir in around 120g/4oz of the brown sugar, the apple, and the egg.  
Mix well, and add a tad of milk for soft consistency.  
Pour the mixture into the tin.  
Mix remaining sugar with the cinnamon and pour over the top of the mixture.  
Bake for 45-50 minutes until golden. Leave to cool in the tin for 10 minutes.  
Tfr to wire rack to cool, and then enjoy.

It's a...  
**Yummy\***  
\*Handmade with Love



**The mix of cinnamon and apple is delicious.  
Quite a simple cake to make.  
Tasted so nice.**

**It was the first time I had ever bought cooking apples in my life, so I was delighted as to how it came out.  
Our exercise group all enjoyed a slice!!!**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
This was a great and very tasty bake to prepare.**