

NUTRITION: Lazza's Kitchen Adventure

Peach Torte

**A New Recipe from Lazza's Kitchen.
Today he makes his first Peach Torte from scratch**

This recipe is based on the old Pound Cake, which was four ingredients; flour, butter, eggs, and sugar. It is believed that the pound cake is of Northern European origin and dates back to the early 1700s. A recipe for pound cake is in the first U.S. cookbook, "American Cookery", which was published in 1796.

Ingredients

115g plain flour
1 teaspoon of baking powder
Pinch of salt
115g of unsalted butter, at room temperature
175 g of caster sugar
2 eggs, at room temperature
6-7 peaches - depending on size of tin
Sugar and Lemon juice (for sprinkling over top)
Vanilla Essence

Preheat the oven to 180C/350F. I use a silicon muffin tray, but if metal lightly grease the compartment. Silicon trays are easy to clean and generally non-stick.

Add flour to bowl with the baking powder and salt and mix well.

Separately, cream the butter and sugar together until light and fluffy (add a teaspoon of vanilla essence if you like) - use a mixer if you want.

Beat in the eggs.

Fold in the dry ingredients until well blended.

Smooth the mixture into your tin, smooth it down so it is even over the bottom.

I used half peaches from tin, but you can use fresh, but skin them first. You can do that in gently boiling water, dropping them in for 10 seconds, before peeling.

Put the halved peaches over the bottom of the mixture, pressing down slightly.

Sprinkle with the sugar and lemon juice and bake till golden brown and set (probably around 50-60 minutes, but check after 45).

Serve as you wish.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? More on HMHB recipe pages: www.hmhb2016.org.uk This was a great and very tasty bake to prepare.