

Reduced Sugar Gateau (Whisked Method)

Gateau for mini portions

2 eggs

40g caster sugar

50g self-raising flour

Fruit to decorate e.g. strawberries, raspberries,

15g grated chocolate

150ml carton of double cream

Large container to take home in

Equipment

Large mixing bowl, electric whisk, tablespoon, teaspoon, sieve, spatula, palate knife, greased cake tin lined with greaseproof paper, piping bag, grater, large plate, baking tray, wire rack, biscuit cutter.

Method

1. Preheat oven to 200°C.
2. Grease a large cake tin
3. Sieve the self-raising flour onto a plate.
4. Crack the eggs and add the sugar to a large mixing bowl.
5. Using an electric mixer, whisk until they're thick, white and creamy.
6. TEST the RIBBON TEXTURE - The mixture should hold the mark of the beater trailed over the mixture for at least 10 seconds.



7. Use a metal spoon to gently 'Fold in' the sieved self-raising flour a little at a time.
8. Pour mixture in the greased cake tins and use spatula to remove remaining cake mix from the large mixing bowl.
9. Put the cake tins onto a baking tray
10. Bake for 8-10 minutes until lightly golden brown and firm. Do not overcook!
11. While the cake is baking use the electric whisk to prepare the double/whipping cream. Whisk until you reach stiff peaks.
12. Grate the chocolate.
13. Once gateau is cooked remove from oven and cool the cake on a wire rack.
14. When gateau is cool
15. Use a biscuit cutter to cut your sponge into smaller spongers to make mini ones.
16. Add a slice of strawberry between each of the 3 layers
17. Use a palate knife to smoothly cover sides with cream.
18. Gently dip or roll the sides in grated chocolate.
19. Use a piping bag to decorate the top of the gateau and add fruit to the top.