

## STICKY GINGER CAKE

280g Plain flour  
¼ tsp salt  
½ tsp Bicarb of soda  
115g dark brown sugar  
2 tsp ground ginger  
2 tsp ground cinnamon  
100g sultanas  
50g nuts(I used walnuts)  
50g stem ginger  
170g butter-softened not melted  
2 generous tbs treacle  
2 generous tbs golden syrup  
2 eggs beaten  
125ml warm milk

Preheat the oven to 180°C(I used 170°C).

Grease and line a 2lb loaf tin

Sift the flour,salt and bicarb into a large bowl, then add the sugar,spices,sultanas,nuts and chopped ginger. In another bowl, cream together the butter, treacle and syrup. Add this to the dry ingredients, stir and add the eggs and milk, then beat with a wooden spoon to give a sticky mixture.

Pour into the loaf tin,level the top and place in the oven. Bake for 20mins then reduce temp to 160°C (I used 150°C), cook for a further hour.

When cooked brush the top with ginger syrup from the jar.

NB You need to carefully watch the cooking as I found that the cake easily burnt, it probably needs less cooking time than the recipe states but depends on your oven.