

Becky Bakes...

SPONGE FLAN

- 2 Eggs
- 55g Caster Sugar
- 55g Self-Raising Flour
- 1 tin Mandarin Oranges, drained (reserve juice)
- Small pack Raspberries
- 1 heaped teaspoon Corn Flour
- 1 dessertspoon cold water



Serves 4-6

Cook in the oven in a flan tin

1. Oven on to Gas mk. 4, 180°C (160°C Fan) 350°F
2. Grease the flan tin carefully, adding a circle of greaseproof paper to the raised section of the tin and grease it well
3. In a large mixing bowl whisk together the eggs and caster sugar to a very pale, mousse-like consistency. (This could take several minutes).
4. Sieve the flour into the bowl and gently fold it into the mixture with a metal spoon, the edge of the spoon cutting through in a "letter J" motion
5. When no large pockets of flour appear, pour the mixture into the tin
6. Cook for 20-25 minutes, to a deep golden colour.
7. While the sponge is cooking make the glaze: In a small saucepan mix the corn flour and cold water, stirring to remove lumps. (this is now "slaked corn flour" and has the appearance of milk). Add the fruit juice and heat gently whilst stirring continuously until the mixture boils and thickens. Cool.
8. When the sponge is cooked, use a table knife to release it from the tin whilst still hot. Turn out onto a plate to cool
9. When cool, arrange the fruit in the sponge flan case and drizzle with the glaze
10. Consume this lovely "old-school" dessert within 2 days

For a Demonstration of this recipe find me on YouTube:

[Fruit Flan - YouTube](#)