

EXPEDITION CAKE

Background

This cake is made mostly from dry fruit and nuts, and contains very little water, so it tastes good at low temperatures, and does not freeze. Expedition cake is a bit contrary to most polar food, as it is not as high in calories. However, we find it is a very effective trail food, because it provides a lot of energy very quickly.

Scott's 106-year-old cake was found in 2017 and is still almost edible.

Read more about it here: <https://www.bbc.co.uk/news/world-asia-40907084>



Preparation time

30 minutes

Cooking time

90 minutes

Difficulty rating

Medium

Calorie content

324 calories/slice

Ingredients



175g plain flour



1/2 tsp ground mixed spice



150g butter or dairy free spread



150g soft brown sugar



Grated rind of 1 lemon



1/2 tsp ground nutmeg



1 tbsp black treacle



3 large eggs



40g ground almonds



500g dried mixed fruit



50g blanched almonds, roughly chopped



50g glacé cherries

Instructions

Step 1 Preheat the oven to 180°C/350°F/Gas Mark 4.

Step 2 Grease and double line six tin cans (eg baked bean cans) with greaseproof paper. Stand the lined tins on a small baking tray or roasting tin.

Step 3 Sift the flour and spices into a bowl and stir to combine.

Step 4 In a separate large mixing bowl, whisk the butter, sugar and lemon rind together until light and fluffy. Add the treacle and whisk again until combined.

Step 5 Whisk in the eggs one at a time, adding a tablespoon of flour with each one and whisking before adding the next.

Step 6 Fold in the remaining flour, ground almonds, dried fruit, glacé cherries and almonds and stir to completely combine.

Step 7 Spoon the mixture into the prepared tins.

Step 8 Place in the oven and bake for 15 minutes. After 15 minutes, turn the temperature down to 140°C/275°F/Gas Mark 1 and bake for another hour.

Step 9 Check with a skewer to see if they are ready – the skewer should come out clean when stuck down in the centre of one of the cakes. When ready, remove the cakes from the oven and leave to cool in the tins for about half an hour. Once cool enough to handle, carefully coax the cakes from the tins then place on a wire rack to cool completely.

Step 10 Once cool, remove the greaseproof paper. Once completely cool, cakes can be decorated.

Health and safety

Make sure that children wash their hands thoroughly before baking.

Always refer to the ASE's 'Be Safe' book and CLEAPSS for guidance on health and safety in science lessons.

Top tips

To line the tins, cut a long strip of paper, roll it up, make cuts at one end and put it cuts-side down into the tin, unrolling it once in the tin to fit around the edges. Use the tin as a template to cut out two circles of greaseproof paper and add them to the bottom of the tin, then trim down the paper to stand about 2cm above the edge of the tin.

Recipe from: <https://www.eatsamazing.co.uk/family-friendly-recipes/dessert-sweet-treat-recipes/tin-can-mini-christmas-cakes>