

Vaughan's Cookery School present Applegate's Apple Cake

Keen to encourage youngsters who are interested in getting into the hospitality industry, Peter Vaughan of Vaughan's Kitchen & Cookery School is currently mentoring Specialised Chef apprentice, Aimee Applegate. Here she shares her delicious apple cake.

During Aimee's training, she regularly goes foraging with Peter and is learning about all the food that can be gathered from the Wiltshire fields and hedgerows. It is free in terms of cost, plastic packaging, pesticides, herbicides and whatever else is put on plants grown commercially plus there are very low food miles and it is seasonal. Last autumn the two of them were invited to pick windfall apples in a customer's garden and collected over 100kgs – and then came the question of how to put them to good use. This is when Applegate's Apple Cake was born. It is beautifully moist, contains the minimum amount of refined sugar and makes use of spices that go perfectly with this ingredient.

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Serves: 8

Ingredients:

- ✓ 225g Self-Raising Flour
- ✓ 1 teaspoon freshly grated nutmeg (or ground nutmeg works fine)
- ✓ 1 teaspoon ground ginger
- ✓ 2 teaspoons ground cinnamon
- ✓ 115g Unsalted Butter
- ✓ 1 egg
- ✓ 50ml full-fat milk, warmed
- ✓ 115g soft brown sugar
- ✓ 350g peeled, cored and diced seasonal apples (Rubens are great for this time of year)
- ✓ 3-4 tablespoons unrefined sugar

Method:

1. Preheat the oven to 180C/160CFan/Gas 4.
2. Grease and line a standard sized, deep cake tin.
3. To the flour, add the spices and mix thoroughly.
4. Add butter to flour mix using rubbing in method until resembles breadcrumbs.
5. Mix in soft brown sugar.
6. Add egg and mix until fully combined.
7. Stir in milk until smooth, creamy batter.
8. Fold in 2/3 of the diced apples.

9. Pour all the batter into the prepared cake tin. Level off the mixture with the back of a fork.
10. Scatter the rest of the apple pieces on top of the batter and sprinkle over the unrefined sugar.
11. Bake in the oven for approximately 35 minutes or until the cake has turned golden brown.
To test, put skewer in centre and make sure it comes out clean
12. Allow to cool slightly before removing from the tin onto a cooling wire, leave to cool enough until just warm, then serve, sliced with Cornish clotted cream.