

## Carrot Cake

Ingredients

### **For the cake:**

450ml/14fl oz vegetable oil

400g/14oz plain flour

2 tsp bicarbonate soda

570g/1lb 4oz sugar

290g/10oz eggs

pinch of salt

12g/½oz cinnamon ground

530g/1lb 3oz carrots, peeled and grated

150g/5oz walnuts, sultanas or dates chopped

Method

1. Mix all the cake ingredients in a food processor for 5 minutes or in a bowl and beat hard!!!!!! Pour into a cake tin 26cm/10½in diameter and bake at 160C/325F/Gas 3 for 45 minutes.
2. Check to see if the cake is cooked, then remove from the oven and allow to cool for 10 minutes in the tin before removing and placing it on a cooling rack.

## *EASY Viking Challenge Cakes*

### Chocolate Brownies

Ingredients

oil, for greasing

350g dark chocolate, broken in small pieces

250g butter

3 eggs

250g granulated sugar

100g self raising flour

Method

1. Heat the oven to 170°C/gas 3. Lightly grease a 22cm square cake tin.
2. Melt the chocolate and butter in a heatproof bowl set over a pan of simmering water.
3. Whisk the eggs and sugar together for 2-3 minutes until smooth and fluffy.
4. Fold the chocolate mixture into the egg mixture.
5. Add the flour. Pour the mixture into the cake tin.
6. Place on the middle shelf of the oven and bake for 35 minutes until the surface is set. It is cooked when it just starts to crack on the top. Remove from the oven. Allow to cool completely in the tin.
7. Slice the cake into squares and store in a tin or in a container in the fridge.



## **Rocky Road (CAN NOT freeze)**

### **Ingredients**

125g/4½oz soft unsalted butter  
300g/10½oz dark chocolate, broken into pieces  
3 tbsp golden syrup  
200g/7¼oz rich tea biscuits  
100g/3½oz mini marshmallows  
2 tsp icing sugar, to dust

### **Method**

1. Heat the butter, chocolate and golden syrup in a heavy-based saucepan over a gentle heat. Remove from the heat.
2. Place the biscuits into a plastic freezer bag and crush them with a rolling pin until some have turned to crumbs but there are still pieces of biscuit remaining.
3. Fold the biscuit pieces and crumbs into the melted chocolate mixture in the saucepan, then add the marshmallows.
4. Tip the mixture into a 24cm/9in square baking tin.
5. Refrigerate for about two hours or overnight.
6. To serve, cut into 24 fingers and dust with icing sugar.

## **Flapjacks**

### **Ingredients**

- 175g/6oz **butter**
- 175g/6oz **golden syrup**
- 175g/6oz granulated **sugar**
- 350g/12oz porridge **oats**
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### **Preparation method**

1. Preheat the oven to 150C/300F/Gas 2 and line a 20cm/8in square baking tin with baking paper.
2. Melt the butter and golden syrup in a medium pan over a low heat. Add the sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, .
3. Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.
4. Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out on to a chopping board and cut into squares.



## Ginger Cake

### Ingredients

- 200g/7oz self-raising flour
- 200g/7oz sugar
- 1 tsp ground ginger
- 1 tsp bicarbonate of soda
- 55g/2oz margarine, plus extra for greasing
- 1 egg, beaten
- 2 tbsp golden syrup
- 240ml/9fl oz hot water

### Preparation method

1. Preheat the oven to 180C/350F/Gas 4. Grease and line a 28cm x 18cm/11in x 7in baking tin with greaseproof paper.
2. Mix the flour, sugar, ginger and bicarbonate of soda together in a bowl. Using your fingers, rub the margarine in until the mixture resembles breadcrumbs. Add the beaten egg, syrup and hot water and mix well with a wooden spoon until combined.
3. Pour the mixture into the prepared tin and bake in the middle of the oven for 35–40 minutes, or until golden-brown and the top is springy to the touch. Leave to cool in the tin. Once cool, cut into squares.

## Date Cake

### Ingredients

- 150g/5oz dates, stones removed, chopped
- 250ml/9fl oz boiling water
- 1 tsp bicarbonate of soda
- 60g/2¼ oz butter, softened
- 60g/2¼ oz caster sugar
- 2 eggs
- 150g/5oz self-raising flour

### Preparation method

1. Preheat the oven to 180C/370F/Gas 4.
2. Mix the dates, bicarbonate of soda, butter and the boiling water together in a bowl and leave to soak for ten minutes.
3. Add the eggs, sugar and flour making sure they are well mixed in.
4. Pour the mixture into a 20cm/8in square cake tin. Place into the oven and bake for 35-40 minutes, or until cooked through.

