

## 17 HONEY BANANA CAKE

150g (5oz) butter	150g (5oz) self-raising flour
100g (3½oz) brown sugar	150g (5oz) wholemeal flour
1 egg	1tsp baking powder
150g (5oz) mashed banana	pinch of salt
60g (2oz) honey	175g (6oz) chopped dates

Cream butter and sugar and beat in the egg. Add mashed banana and honey and beat well. Stir in the dates. Sieve flours, baking powder and salt and mix into the creamed mixture. Add a little milk if necessary. Bake in a greased and lined, 16.5-19cm (6½-7½ inches) round tin, for approximately 1½ hours at 160°C / 350°F / gas mark 3.

## 18 HONEY AND APRICOT SCONES

1lb self-raising flour	2-3 tblsp. Honey to taste
4 tsp baking powder	4oz soft margarine
1 egg	2oz chopped apricots

Milk

Warm the honey and 2fl. oz of milk over a low heat until dissolved. Cool. Pour into a measuring jug, add beaten egg and milk to make up to 9fl.oz of liquid. Sieve flour and baking powder and rub in the margarine. Stir in the chopped apricots. Make a well in the centre of the mix and pour in the liquid. Use a round blade to form a soft dough, knead until smooth. Roll out ¾in thick and cut into 15 rounds with a 2¼in fluted cutter. Place close together on a lined baking tray and brush with milk. Bake in a pre-heated oven at 200°C / 180°F / gas mark 6 for 10-12 mins until golden top and bottom.

## 19 THREE FRUIT MARMALADE

2 oranges, 1 grapefruit, 2 lemons- approximately 2 lb fruit

4lb sugar	1½pt water
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Scrub fruit and cut in half, squeeze out juice and pips into a basin, cut peel into thin strips. Put peel and pulp into a large pan with the water, strain in the juice; put the pips into a muslin bag tied to the handle of the pan. Cook gently, for about 2 hours, or until peel is tender. Lift bag out of pan, add sugar, stir well until dissolved. Bring to the boil, boil until setting point is reached, remove scum and leave for 5-8min before putting into jars.