

Tea *with the Girls*

Helen Marks' Elizabeth sponge



Cooking time 20 minutes

Ingredients

For the sponge

6 medium eggs, beaten
200g golden caster sugar
200g soft unsalted butter
200g self raising white flour
1tsp baking powder
2tsp vanilla extract

For the strawberry filling and Icing

300g Icing sugar

Method

Preheat oven to 180 deg C, fan 160 deg C, gas 4. Grease and line 2 x 20cm sandwich tins with baking paper.

In a large bowl beat all sponge ingredients together until smooth and light.

Divide the mixture between the two tins, level and bake for 20 mins or until a skewer comes out clean. Leave to cool for 5 minutes then turn onto a cooling rack.

For the filling beat the icing sugar and butter together with an electric whisk until pale and fluffy. Beat in the melted white chocolate. Slowly beat 100g of the strawberries and the vanilla into the butter mixture, then increase the speed until the mixture is smooth, fluffy and a lovely pink colour. Place one of the sponges onto a cake stand, securing with a little filling.

Using a piping bag, pipe large bulbs of filling around the edge of the cake, then cover the middle with the remaining chopped strawberries. Top the second sponge and pipe the rest of the filling around the edge. Chill for 1 hour to set.

Dip 3 strawberries into melted white chocolate and leave to set. Drizzle some melted dark chocolate over the white chocolate covered strawberries. Place these in the centre of the cake with other berries. Sprinkle with icing sugar to serve.

150g soft unsalted butter
75g white chocolate, melted
150g strawberries, remove stalks and finely chop
1tsp vanilla extract

To decorate

150g whole strawberries
75g white chocolate, melted
50g dark chocolate, melted
150g mixed berries
Mint leaves



Helen Marks

Helen has Multiple myeloma and had a stem cell transplant in 2008.

Here she shares a recipe for a souped up Victoria Sponge. An alternative to the bulbs of filling described in the recipe is a more traditional assembly, shown in the picture, which is no less delicious.

Bloodwise

The blood cancer research charity

bloodwise.org.uk/tea-with-the-girls