



## WINTER SPONGE

*Dessert:* This sponge recipe is categorised as a cake. Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: Newlyn School

### Ingredients

350ml sunflower oil  
300g light muscovado sugar  
400g (8 eggs) eggs  
340g beetroot, peeled, grated  
250g parsnip, peeled, grated  
1 orange, zest and juice  
500g self-raising flour  
4g (1tsp) bicarbonate of soda  
8g (2tsp) baking powder  
6g (2tsp) ground cinnamon

### Method

1. Pre-heat the oven to 180°C/350°F/gas mark 4. Grease the baking tray.
2. Line and grease a rectangular full size BS Grundy tin with a little oil.
3. Whisk the oil and sugar together using a mixer.
4. Separate the egg yolks and whites into two different bowls.
5. Add the egg yolks slowly to the sugar and oil mixture. Then add the beetroot, parsnips, and orange zest and juice.
6. Sift in the flour, bicarbonate of soda, baking powder and cinnamon to the vegetable mixture and fold together until well combined.
7. Whisk the egg whites until light, fluffy and just forming stiff peaks.
8. Using a large metal spoon fold one spoonful of egg white into the cake mix to loosen the mixture, followed by the rest, folding until evenly combined. Do not beat the mixture as this will knock the air out of the egg whites.
9. Pour sponge mixture into the tin. Bake for 80-90 minutes or until a skewer comes out clean.



#### Number of portions this recipe makes:

50 primary servings (43g)  
40 secondary servings (54g)



**Prep:** 20 minutes  
**Cook:** 80-90 minutes



**Allergy information:**  
Eggs, wheat (gluten)



#### Top Tips

Use wholemeal self-raising flour.

**Serving suggestion:** with vanilla custard.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats.