

# Three Minute Cake

**Serves:** 12      **Preparation time:** 10 minutes      **Cooking time:** 30-45 minutes  
**Recipe source:** Cookery Book, Country Women's Association of Victoria

## Ingredients:

1 cup (150g) plain flour, sifted  
a pinch of salt  
3 eggs (or see notes for egg substitute)  
 $\frac{3}{4}$  cup (170g) sugar  
3 tablespoons (60g) butter, melted  
3 tablespoons milk  
1 level teaspoon cream of tartar (##)  
 $\frac{1}{2}$  teaspoon bi-carbonate of soda (##)  
## If you don't have either or both of these ingredients, replace these ingredients with 2 teaspoons of baking powder.

## Icing (optional):

1 cup (140g) icing sugar (this is about  $\frac{3}{4}$  of a mug)  
a scrape of butter (optional, to reduce sweetness)  
a drop of vanilla (optional)  
about 1  $\frac{1}{2}$  tablespoons boiling water, extra may be required

## Equipment Required:

Bowl, measuring cups, knife (to level ingredients when measuring), sifter, cups (for cracking eggs), measuring spoons, small bowl (to melt butter in), whisk or spoon, scraper, baking paper, cake tin (20cm/8 inch round tin).



## What to do:

1. Preheat oven to 180 °C.
2. Grease the inside of a cake tin with butter. Trace around the tin onto baking paper and cut it out before placing it in the bottom of the tin.
3. Place ingredients in mixing bowl in the following order: sifted plain flour, salt, eggs (or substitute), sugar, melted butter, milk
4. Beat all together with a whisk or spoon, for three minutes.
5. Sift together cream of tartar and bi-carbonate of soda.
6. Stir them into the beaten mixture.
7. Pour mixture into prepared cake tin.
8. Bake for 30-45 minutes. Check after 30 minutes by inserting a cake tester (or skewer or clean knife) into the cake. If the tester comes out

- clean, take cake out of the oven. Otherwise, give it another 5 minutes, then test again until cooked.
9. Once your cake has cooled, take it out of the tin. You may need to carefully run a knife just inside the tin to ensure the cake comes away from the sides.
  10. To make icing:
    - a. Combine icing sugar, vanilla and butter in a mug.
    - b. \*Gradually add boiling water and mix with a knife until mixed well.
  11. Spread icing over top of cake and sprinkle toppings, if desired.



### Notes:

- \*denotes Adult supervision required.
- Egg substitute (equivalent to 3 eggs):
  - Ingredients:
    - 6 tablespoons water
    - 6 teaspoons baking powder
    - 3 teaspoons vegetable oil
  - Method:
    1. Place all ingredients in a small bowl or jug.
    2. Stir until well combined.
- Remember to test your eggs first. Gently drop the egg into in a separate cup of water. If it sinks it is a good egg, if it floats it is bad and should not be used.
- It is good practice to crack each egg into a cup before adding it to the rest of the ingredients. This ensures that you do not waste all of your ingredients if the egg turns out to be bad or you get a lot of eggshell in the mixture.
- The desired icing consistency is of a sloppy paste rather than a watery syrup, so make sure to add extra water a little at a time.

### Variations:

1. Orange Cake, add the finely grated rind of 1 orange, at step 3.
2. Chocolate Cake, add 2 dessertspoons of cocoa, at step 3
3. Coffee Cake, replace 3 tablespoons of milk with 2 tablespoons of coffee essence and 1 tablespoon of milk, at step 3.
4. Icing: you may flavour your icing with orange juice, cocoa or coffee, to match the cake you have made. Substitute half of the water when using liquids for flavouring.