



Together to stop bowel cancer

Rachel Khoo's Fig and Chai Treacle Cake

Combining two of your favourite things can never be a bad thing. Chai tea and fresh figs are two things I can consume copious amounts of. Using them in the form of a decadent dessert and you're on to a winner. The spices and blend of Kenyan and Ceylon black tea in Pure leaf chai tea make a particularly good spiced treacle sauce with the pink and black peppercorns that add a little kick to the sauce. Pour the treacle sauce over a simple spiced sponge cake topped with fresh cream and figs and you end up with a rather indulgent afternoon treat.

And if you happen to have some leftover or simply need a quick dessert than just make the sauce and pour over figs and a scoop of vanilla ice cream.

Serves 8-10

Ingredients

110g caster sugar
110g soft butter
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground allspice
1 tsp vanilla essence
3 medium eggs
110g plain flour
1 tsp baking powder
8-10 fresh figs, washed
250g mascarpone cream or whipped cream
1 x 20cm spring form tin lined with baking paper

Ingredients for the chai treacle caramel

100ml double cream
pinch of salt
6 good quality chai teabags
100g treacle or date syrup
100g sugar

Method

First start by infusing your cream. Cut open the teabags and pour into a pot with the cream and pinch of salt. Stir and bring to a boil. Leave to infuse until needed.

Preheat the oven to 180c.

Beat the sugar and butter with the spices until fluffy and almost white. Then beat in one egg at a time. Sift together the baking powder and plain flour. Fold into the beaten egg

and butter mix. Don't overwork the mixture. Pour into the baking tin and spread out evenly. Place in the oven and bake for 20 minutes or until the sponge springs back when touched. Take out the oven and leave to cool for 5 minutes before removing from the tin and putting on a wire rack to cool completely.

To make the rest of the caramel:

Pour the date syrup large pot followed by the sugar. Place on a hot heat. Swirl the pot around every minute or so to help incorporate the sugar. Simmer for 5 minutes. Take off the heat. Place the sieve on top of the pot and pour the cream through the sieve. Use a spatula to press the cream through. Mix together the cream and the cooked treacle. Leave to cool.

To assemble

Place the cake on a plate. Trim the knobbly bit of the fig and cut into quarters. Spread on half of the treacle on the cake followed by a layer of mascarpone. Place the figs on top. Drizzle on the rest of the treacle sauce.

Eat immediately.

Top tips

Don't be tempted to taste the treacle sauce when it's cooking or has just been cooked. It'll be super hot.

Get ahead

The treacle sauce keeps in an airtight container in the fridge for a week. It will need to be warmed up gently before serving.

CREDITS: Rachel Khoo, www.khoollect.com