

Recipe: Dorset Apple cake

Ingredients:

225g Cooking apples, cored & chopped
225g Plain flour
Juice of half a lemon
1.5 tsp baking powder
115g butter diced
165g soft light brown sugar
1 egg beaten
2-3tbsp milk
1/2tsp ground cinnamon

Method:

Preheat oven to 180c, grease and line a 7inch round cake tin.

Toss the apple with the lemon juice and set aside. Sift the flour & baking powder together rub in the butter until the mix resembles breadcrumbs.

Stir in 115g of the sugar, the apple & the egg, mix well adding a little of the milk at a time to make a soft doughy mix. Transfer to your tin.

In a bowl, mix the remaining sugar & cinnamon, sprinkle over the cake.

Bake for 45-50 minutes. Leave in the tin for 10 minutes to cool then transfer to a baking tray.

My tips:

I made the cake mixture first and then cut up my apples, so I didn't need to leave them in lemon water. I mixed my butter and flour in the food processor, quicker and just as effective than doing it by hand. I put less than half the amount of sugar in. I used a silicone loaf tin, no need to grease and line a round tin. I will try this again but may use some crème fraise or something instead of quite so much butter. I'm sure the butter helped to make it taste so good!!! It's very easy to make. It's delicious.

Helen.



The Wallingford Fire Station crew are looking for stories, anecdotes, pictures or anything connected with the Fire Station or incidents in and around Wallingford.

Anyone had to use the fire service or seen them in action?

Anyone used to use the social club years ago?

Perhaps you have attended one of the charity events?

...or are you a proud friend or relative of a Firefighter with a story to tell??

If you are they would like to hear from you...

In the first instance please email

cowleycampers@yahoo.com



Private one to one companionship and activities for people living with dementia and other conditions.

Wendy was born and brought up in Wallingford; when she left school, she worked at Acrow Engineers as a telephone salesclerk. She has 3 children and 3 grandchildren and is very family orientated.

From 2004 she has worked in the care industry as an Activities Co-ordinator. Over the years she took many exams adding to her qualification. NVQ 1,2,3 in health and Social Care, Level 3 in dementia care. All these qualifications include a large section on delivering activities for older people. Other courses include Food Hygiene, Health & Safety, Fire Training, COSH and Manual Handling.

She also trained other staff members in Co-ordinating Activities for people with dementia, limited movement, and many other conditions.

Some of her most treasured memories are when she volunteered to help look after 60 Sick Pilgrims for a week on their annual pilgrimage to Lourdes in France, she has done this for 8 years and it is an experience she enjoys immensely.

Wendy is still in this compassionate industry offering private one to one companionship and activities for people living with dementia and other conditions.

She now has the time to extend these personal skills to help enhance and stimulate the lives of your family, friends and loved ones.

So, if you are looking for an experienced, highly qualified, family oriented, kind person for yourself, your elderly parents, or relatives, why not give Wendy a call for a discreet chat about your needs.

Wendy 07795 078884

