

# Family Recipes



## German Apple Cake

8oz S.R. flour  
1 tsp baking powder  
4oz butter/marg  
3oz castor sugar  
1 beaten egg



### **Method.**

Rub fat into flour.

Add Baking Powder, Sugar and Egg and mix.

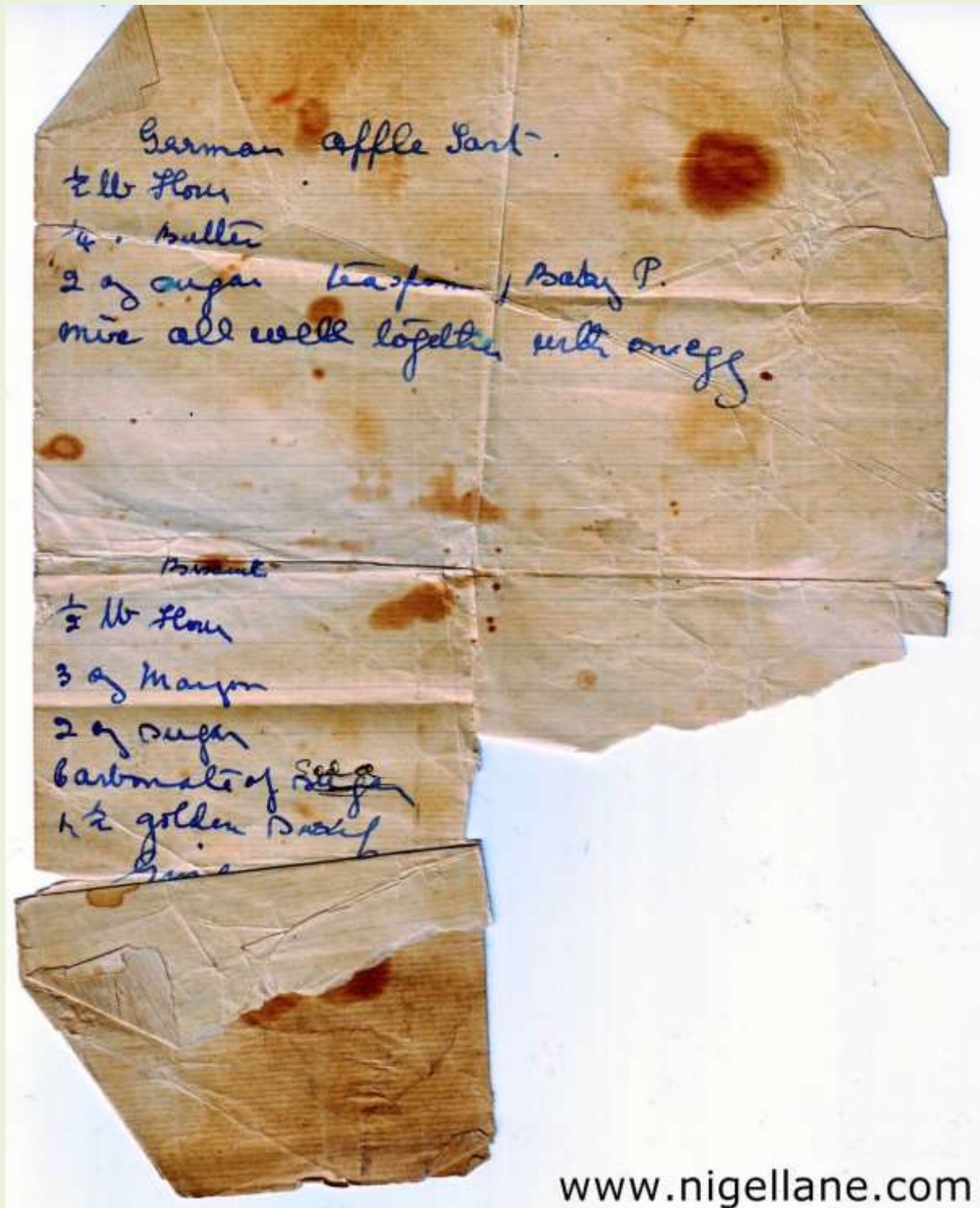
Roll out on floured board in two halves.

Bake in oven at 375F, 180-190C, Gas 5 for 20-25 mins in a 7inch diameter tin.

Join the two halves with stewed apple to taste but this needs reducing to avoid too much liquid.

I do not know where this recipe originates from but it has been used in the Sawston family for three generations. Traditionally at No.10 we used what we called "Polish Apples" so named because a local Polish lady said they were just like the ones they got at home. This is a large light skinned cooking apple that also has a light coloured flesh. It ripens early and does not keep clearly an older variety and not suitable for modern supermarket shopping. The tree at Sawston is now nearing its end and though I tried cuttings this year they all failed so I will try again in 2012.

The recipe is given as from the notebook but Judith prefers to add and mix the sugar, baking powder and flour before rubbing in the fat as she finds this gives a better grip and makes it easier to rub the fat in.



The picture of the recipe is a document only recently found, January 2012, in a drawer at No 10. This clearly is the German Apple Cake and shows that it does go back sometime but to when? Several of the other documents found with it relate in some way to [Aunt Alice](#) and this would seem to be that old although I cannot yet confirm her handwriting.



A second copy of the recipe (photo above) again found recently, 19/1/2012, at No.10 and apparently by the same hand shows a slight variation in both recipe and method to the notebook. In this version we have two teaspoons of sugar rather than three ounces and the apple is placed between the two halves before cooking rather than after. The other point of note is to cook in a "brisk" oven, exactly what temperature or gas mark that is I leave to your imagination but it meant much I am sure to those who had to stoke the fires of the old range cookers. I can just remember them, one at The Commander in Chief, 43, High Street and another more recently in Upend.

Having found the newer variation we tried it out. From the taste point of view there seems little to no difference but on balance I prefer adding the apple after the cake has cooked as I think it retains a slightly fresher flavour. On the work side Judith also prefers that variation as getting the apples ready first and then allowing them to cool etc takes more time and a little more trouble.

