

# Fruit Flan (Fat Free Sponge)



Please bring a 20cm sponge flan tin and a piece of tin foil to cover the dish at the end of the lesson.

## Ingredients for Sponge:

50g Self Raising Flour  
50g Caster Sugar  
2 Eggs

## Ingredients for Decoration:

1 Small Tin of Fruit: Peaches, Pears, Mandarin Oranges, Strawberries  
Fresh Fruit  
1 Packet of Quick Jel (Read the Instructions)

## For Quick Jel to Work:

If using Canned Fruit in Syrup you will need: 100ml Syrup and 100ml Water

If using Canned Fruit in Natural Juice you will need: 100ml Juice, 100ml Water and 25g Caster Sugar

If using Fresh Fruit you will need: 200ml Cold Water and 25g Sugar.

## Method:

1. Preheat oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Grease a 20cm sponge flan tin with oil. This must be done very thoroughly. Flour the tin lightly.
4. Sieve the self raising flour onto a plate.
5. Crack the first egg into a small bowl, check for any shell and transfer into a large glass bowl.
6. Crack the second egg into a small bowl, check for any shell and transfer into the same large glass bowl.
7. Add the caster sugar to the eggs.
8. Whisk the eggs and sugar using an electric whisk until thick.
9. Gently fold the flour into the eggs and sugar using a metal tablespoon.
10. Pour the mixture into the sponge flan tin. Do not knock out the bubbles.
11. Bake for approximately 20 minutes until firm and golden brown.
12. Use oven gloves to remove the tin from the oven. Place on the top of the hob and leave in the tin for a few minutes, then turn onto a cooling rack to cool.
13. When sponge is cool arrange the fruit on top.
14. To make the Quick Jel:
  - Drain off the necessary juice as stated above into a jug.
  - Place the contents of one sachet of Quick Jel into a saucepan. Place at the front of the hob, **DO NOT** turn on.
  - Add the necessary liquid as stated above.
  - Heat the mixture to boiling point, whilst stirring continuously with a white plastic stirring spoon.
  - Allow to cool until the mixture thickens (approximately 20 minutes), stirring frequently to prevent lumps forming.
  - Once cool, spoon the Quick Jel over the fruit.
  - Allow to set in a cool place until the Quick Jel is firm.

