

Fig & grape cake



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Preparation: about 25 minutes
Cooking: about 1 hour
Serves: 8

125g butter, roughly chopped and softened
1 cup caster sugar
1 teaspoon vanilla extract
2 eggs (at room temperature)
1 ½ cups self-raising flour, sifted
3 plump ripe figs, thickly sliced
250g seedless grapes, stems removed
2 tbs demerara sugar
Ice-cream or whipped cream, to serve

1. Preheat oven to 160°C/140°C fan-forced. Line the base and sides of a 22cm (base) round spring-form cake pan with baking paper.
2. Using an electric mixer, beat butter, caster sugar and vanilla until light and creamy. Add eggs, one at a time, beating well after each addition.
3. Fold in flour and spoon mixture into pan. Arrange figs and half the grapes on top. Sprinkle with demerara sugar. Bake for 1 hour until golden and cooked through when tested with a skewer. Cool in pan for 10 minutes, then transfer to a wire rack to cool. Decorate with remaining grapes, slice and serve with ice-cream or whipped cream.



Figs

- Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally.
- Provide vitamin C, which the body uses as one of its tools to fight infection.
- A source of potassium, which can help balance the effects of too much salt in the daily diet.