



While there's no debate about the basic ingredients, what makes up the filling is a hot topic. Should it be filled with strawberry or raspberry jam? Should there be butter cream or whipped cream as well as jam? Do you dust with icing sugar or caster sugar? And although purists claim that an authentic cake is one with raspberry jam and sprinkled with caster sugar, is it worth being just too purist?

Ingredients:

- 4 free range eggs.
- 225g/8oz caster sugar.
- 225g/8oz self-raising flour.
- 2tsp Dr. baking powder.
- 225g/8oz baking spread, margarine or soft butter at room temperature, plus a little extra to grease the tins.
- To serve: strawberry jam

- Preparation:

- 1 Preheat the oven to 180C/350F/Gas 4.
- 2 Grease and line 2 x 20cm/8in sandwich tins. Use a piece of baking paper to rub a little baking spread or butter around the inside of the tins until the sides and base are lightly coated. Line the bottom of the tins with a circle of baking paper. Simply draw around the base of the tin onto paper and cut out.
- 3 Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter/baking spread.
- 4 Mix everything together until well combined, using an electric hand mixer or a wooden spoon.
- 5 Divide the mixture evenly between the tins. Use a spatula to remove all the mixture from the bowl and gently smooth the surface of the cakes.
- 6 Place the tins on the middle shelf of the oven and bake for 25 minutes. Don't be tempted to open the door while they're cooking.
- 7 The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch.
- 8 Remove them from the oven and set aside to cool in their tins for five minutes. Then run a palette or rounded butter knife around the inside edge of the tin and carefully turn the cakes out onto a cooling rack. Set aside to cool completely.
- 9 To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. Top with the second cake, top-side up. Sprinkle over caster sugar or icing sugar.