

POPPY SEED LOAF (English-style cake)

INGREDIENTS

6 ozs butter

6 ozs sugar

Vanilla essence

3 eggs

2 ozs ground rice

1 oz poppy seeds (pour on boiling water and soak overnight and drain)

6 ozs self-raising flour

3 heaped dessertspoons soured cream

METHOD

Grease and line a 1 lb loaf tin

Cream butter and sugar

Add eggs, vanilla essence, ground rice, poppy seeds and soured cream and mix well

Add the self-raising flour and fold in gently

Bake at 160/180°C for 40-45 mins or until golden and a skewer comes out clean.

Cool a little before placing on a cooling rack.

