

Golden Syrup Slice / Cakes



Serves	20
Prep time	15 minutes
Cook time	45 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm
Occasion	Casual Party , Picnic , Special Occasions
From book	Friendly Food

Ingredients

- Canola oil spray
- 3 cups plain white flour (or rice flour)
- 1 1/2 teaspoon bicarbonate of soda
- 1 cup golden syrup
- 1/2 cup sunflower oil
- 1 1/2 cup soft brown sugar
- 3/4 cups warm water

For the icing: (Optional)

- 1 1/2 cup pure icing sugar (sifted)
- 1/2 - 1 teaspoon citric acid (depending on taste)
- Cold water

Directions

1. Preheat the oven to 180°C for the slice or 170°C for the cakes.
2. To make the slice: spray a cake tin 20 x 20 or 20 x 30 cm, then line with baking paper.
To make the mini cakes: spray 20 metal muffin or cake moulds, or use paper cake pans in silicon trays.
3. Sift the flour and bicarbonate of soda into a large bowl.
4. Put the golden syrup, oil and sugar into a saucepan. Stir over low heat until the sugar dissolves, about 3 – 4 minutes. Allow to cool.
5. Add the syrup and warm water to the dry ingredients. Stir until well combined.

For the slice:

6. Pour into the prepared tin and bake for 45 minutes or until golden. Allow to cool in the tin for 5 minutes before turning onto a wire rack to cool completely.



7. For the icing, sift the icing sugar into a heat proof bowl. Add the citric acid and enough cold water to make a stiff paste (a very small amount). Place the bowl over a saucepan of simmering water and stir until thin enough to spread. Spread the icing over the cold cake.
8. Cut into slices once the icing has set.

For the cakes:

9. Divide the cake batter evenly between the cake moulds.
10. Bake for 15 to 25 minutes or until golden, depending on the size of the cakes. The cakes are cooked when a skewer in the centre comes out clean. Allow to cool in the tin for 10 minutes before turning onto a wire rack.
11. Can be served warm, with custard or ice cream, or cold.



Note

Low Chemical / Failsafe

This cake is very sticky and doesn't work well with silicon cake moulds.