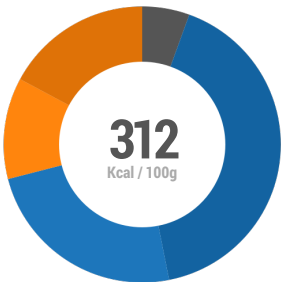


Sticky Jamaican Ginger Loaf Cake

Overview ...



CALORIES:
65.5% Carbs
5.5% Protein
29% Fat

Food Labelling...

Serves 8

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CONTAINS:

WHEAT

EGGS

MILK

SULPHITES

Recipe Ingredients ...	Quantity:	Description:
350091 Brakes Plain Flour..	200g	0.07x Each
33583 Sysco Classic Ground Ginger (22 Jul 2023)..	20g	0.04x Each
33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023)..	6g	0.01x Each
33710 Sysco Classic Ground Mixed Spice (22 Jul 2023)..	6g	0.01x Each
2063 - 2063 Noel's Chinese Stem Ginger in Syrup 1.05kg.. - BRAKES	80g	0.08x Each
33596 Sysco Classic Bicarbonate of Soda (22 Jul 2023)..	3.8g	0x Each
70219 - 70219 Brakes Fresh Whole Milk.. - BRAKES	125ml	0.06x Each
314 - 314 Lyle's Black Treacle 7.257kg.. - BRAKES	85g	0.01x Each
26941 - 26941 Brakes Golden Syrup.. - BRAKES	85g	0.01x Each
350103 - 350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg.. - BRAKES	85g	0.03x Each
71128 - 71128 Brakes Salted Butter.. - BRAKES	85g	0.34x Each
105674 - 105674 Brakes 15 Dozen British Fresh Free Range Large Eggs.. - BRAKES	57g	1 x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

105g / **330kcal**

1

Sustainability & Foodprint...

Component Grade Contribution

Food Production

1.66kg

200g	350091 Brakes Plain Flour	B	0.24kg
20.0g	33583 Sysco Classic Ground Ginger (22 Jul 2023)	B	0.02kg
6.00g	33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023)	A	0.00kg
6.00g	33710 Sysco Classic Ground Mixed Spice (22 Jul 2023)	A	0.00kg
80.0g	2063 Noel's Chinese Stem Ginger in Syrup 1.05kg	B	0.09kg
3.75g	33596 Sysco Classic Bicarbonate of Soda (22 Jul 2023)	A	0.00kg
125g	70219 Brakes Fresh Whole Milk	B	0.16kg
85.0g	314 Lyle's Black Treacle 7.257kg	A	0.03kg
85.0g	26941 Brakes Golden Syrup	A	0.06kg
85.0g	350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Ca...	A	0.08kg
85.0g	71128 Brakes Salted Butter	D	0.77kg
56.8g	105674 Brakes 15 Dozen British Fresh Free Range Large Eg...	B	0.20kg

Water Usage

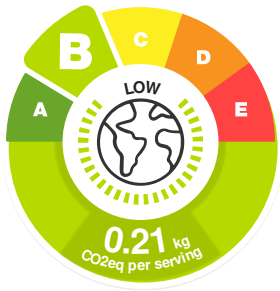
1577l

200g	350091 Brakes Plain Flour	4	370l
20.0g	33583 Sysco Classic Ground Ginger (22 Jul 2023)	X	-
6.00g	33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023)	10	93.2l
6.00g	33710 Sysco Classic Ground Mixed Spice (22 Jul 2023)	X	-
80.0g	2063 Noel's Chinese Stem Ginger in Syrup 1.05kg	X	-
3.75g	33596 Sysco Classic Bicarbonate of Soda (22 Jul 2023)	5	8.54l
125g	70219 Brakes Fresh Whole Milk	4	200l
85.0g	314 Lyle's Black Treacle 7.257kg	2	75.9l
85.0g	26941 Brakes Golden Syrup	2	75.9l
85.0g	350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Ca...	2	75.9l
85.0g	71128 Brakes Salted Butter	7	472l
56.8g	105674 Brakes 15 Dozen British Fresh Free Range Large Eg...	6	206l

Your Transport & Packaging:



1 Serving 105g (serves 1)



foodprint



78% Data Quality Score

Preparation:

Preheat the oven to 160oC

Finely chop the stem ginger - retain 3 tablespoons of syrup for the glaze.

Grease and line a 2lb loaf tin

Method:

1. Sift the flour and spices into a bowl, mix well.
2. Add the finely chopped stem ginger and toss to coat (this will help to stop the pieces sinking to the bottom when you bake).
3. Mix the bicarbonate of soda with the milk in a separate bowl or jug.
4. Heat the treacle, golden syrup, sugar, salt and butter over a low heat, stirring regularly, until melted.
5. Add this to the flour and beat vigorously until smooth.
6. Beat in the egg and then whisk in the milk until you have a smooth batter.
7. Pour the batter mix into the greased/lined loaf tin.
8. Bake in the oven for 1hr - covering with foil for the last 30mins.
9. Remove from the oven and brush with the stem ginger syrup.
10. Allow to cool in the tin for 24hrs for the flavours to develop.
11. Slice and serve as required.