

Victoria sandwich cake (men only)

175g (6oz) English butter

175g (6oz) caster sugar

3 eggs beaten

75g (6oz) self-raising flour

2 tbsp jam

Caster sugar to dredge

Butter 2 x 18cm (7") sandwich tins and line the base of each. Grease. Beat the butter and sugar together until pale and fluffy. Add the eggs a little at a time, beating well. Fold in half the flour using a metal spoon, and then fold in the rest.

Place half the mixture in each of the tins and level. Bake in pre-heated oven at 180-190°C for 20 minutes until well risen and firm to the touch and beginning to shrink away from the sides.

Turn out and cool on a cooling tray. When cool, sandwich together with jam, and sprinkle with caster sugar.