

# FRUIT, DATE, BANANA AND AMARETTO CAKE

## INGREDIENTS

250g stoned and ready to eat dates

2 small or 1 large banana - chopped

100g ground almonds – See Notes

400g mixed dried fruit (Especially TESCO mixed dried fruit with apricots and cranberries) – see Notes

100g fine polenta

2 teaspoons mixed spices

2 teaspoons baking powder

3 tablespoons Amaretto Disaronno (or any other alcohol – experiment!)

2 egg whites

## METHOD

The day before - put mixed dried fruit in a basin and stir in the Amaretto. Cover and leave overnight or longer.

On the day – heat the oven to 160°C for fan or 180°C non-fan.

Line a 2lb loaf tin with non-stick paper or grease with unsalted butter.

Put the dates in a small pan with 200ml boiling water and simmer for 5 minutes. Drain the fluid into a mug.

Put the dates into a food processor, add the chopped banana and 100ml of the date fluid.

Whizz until smooth.

Add the polenta, ground almonds, mixed spice, and baking powder to the dried fruit and alcohol mixture and stir to combine.

Add the whizzed date and banana smoothed mixture and stir until combined.

Whisk the egg whites to form soft peaks and fold into the mixture.

Tip into the loaf tin and level the top slightly – this cake does not rise too much.

Bake for 45 minutes until golden and crusty, and a skewer comes out clean.

Cool completely before cutting – better still - leave it a couple of days to let the flavours develop.

The cake keeps very well and can be used to make Christmas cakes or Christmas puddings

## **NOTES:**

200g raisins and 200g sultanas can be used instead of dried fruit mixture.

85g chopped pecans can be used instead of the ground almonds, and 15g whole pecans put on the top of the cake prior to baking.