

Autumn's bounty

A tapestry of ochres, golds and russets adorn the branches of fruit trees in the autumn garden – it's the season for gathering windfalls for chutneys, crumbles, pies and the like.

Mrs Westbork's Windfall Cake

Ingredients:

- 350g / 12oz peeled chopped apples of any sort
- 110g / 4oz self raising flour
- Heaped teaspoon mixed spice
- 50g / 2oz butter
- 50g / 2oz Demerara sugar
- 1 large egg



21st October is Apple Day, a national day of celebration of orchards and apples. Many people believe it is an ancient tradition but the day was first started in 1990 by Common Ground, the arts and environment charity to recognise the wealth and variety of apples available in the United Kingdom.

Orchards filled with Granny Smiths, Red Golds and Malling Kents are as characteristic of Britain as vineyards are of France. We produce juicy seasonal apples that rival the imported

supermarket versions. However, about two thirds of Britain's orchards have been lost since 1960. Of the 2,000 culinary and dessert apples, and hundreds more cider varieties, which have been grown in this country, only a few handfuls are widely known and used today.

Celebrate Apple Day with this simple recipe for a spiced apple cake – delicious hot with custard or cream and tastes equally good served cold with a cup of tea or coffee.

Method

- 1** Grease a 7–8 inch round cake tin.
- 2** Set oven to 200°, Gas Mark 6
- 3** Rub butter into sifted flour and spice.
- 4** Add sugar, then egg and chopped apple.
- 5** Give mixture a good stir, put into greased tin and bake for about 25/30 mins until golden brown and the apple softened.
- 6** Remove from oven and sprinkle with a little more Demerara sugar. Cool slightly – remove from tin and serve hot or allow to cool.