

Dear Teachers,

When cooking Australian recipes with your students, please be sure to tell them that they should always be supervised by a teacher/parent/guardian as using ovens/knives can be dangerous.

Thank you!

## Australian Recipes

### 3. Lamingtons

#### Ingredients (Makes 16)

The Sponge cake (you can buy one instead at your bakery or supermarket)

2/3 cup granulated sugar

5 eggs

1/3 cup cornstarch

1/2 cup plain flour

1/2 to 1 teaspoon baking powder

2 cups desiccated coconut

The Icing

4 cups icing sugar

1/2 cup cocoa

1 tablespoon butter

2/3 cup milk

Attention!

This recipe uses Japanese cup sizes.  
1 cup is equal to 200ml in Japan.

1. Lightly grease a square cake pan (23cm x 23cm).
2. Preheat oven to 180°C.
3. Sift together the cornstarch and flour.
4. Beat the eggs with a mixer in a bowl for 10 minutes until creamy.
5. Add the sugar, 1/2 or 1/3 at a time, to the egg mixture, stir well after each addition until the sugar dissolved.
6. Add the dry ingredients and stir gently.
7. Pour into the cake pan, bake for 30 minutes. (Stick a skewer into the cake. If nothing sticks to it, then the cake is ready.)
8. Prepare the icing while baking. Sift the icing sugar with cocoa into a heat-resistant bowl.
9. Add the butter and milk and mix well.
10. Place the bowl in hot water and mix well until the butter has melted.
11. Remove the slightly cooled cake out of the pan, and leave to cool.
12. Cut the cooled cake into 16 squares, dip each square in the icing, cover with coconut.

