LOVELY PUMPKIN & RAISIN LOAF

INGREDIENTS (Makes 12 generous slices)

200g light muscovado sugar / 4 large eggs, separated / 200g finely grated raw pumpkin or squash flesh / finely grated zest and juice of 1 lemon / 100g raisins / 100g ground almonds / 200g self-raising flour / pinch of salt / 1 tsp ground cinnamon/ generous grating of nutmeg.

METHOD

1. Preheat the oven to 170C/gas 3 and line a loaf tin, measuring roughly 10 x 20cm
2. Use an electric whisk to beat the sugar and egg yolks together for 2-3 minutes until pale and creamy. Lightly stir in the grated pumpkin, lemon zest and juice, raisins and almonds.
3. Combine the flour, salt and spices, and sift these in. Don't stir, but fold the batter gently together. This is important to keep air in the cake.
4. Beat the egg whites until they can hold soft mountain peaks. Beat a heaped tablespoonful of egg white into the cake batter to loosen it a little, then fold in the rest as lightly as you can.
5. Tip into the prepared tin and level the top. Bake for about 1 hour or until a fork or knife inserted into the centre comes out clean.
6. Leave to cool for 10 minutes in the tin then transfer to a wire rack to cool completely before slicing.

This recipe was kindly donated to the #PumpkinRescue campaign by Hugh Fearnley-Whittingstall.

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