

Lamingtons by Elizabeth Woods

Buttercake

185 grams Softened Butter

¾ cup of caster Sugar

Vanilla if you do not have vanilla bean good essence is the next best, one teaspoon.

3 large good organic *fresh* eggs. Fresh is very important!

2 cups of fresh Self raising flour. If you can get fresh coconut flour half a cup of this is amazing, if you choose coco nut flour remember to adjust 1 ½ of self raising and a teaspoon of baking powder. Make certain the coconut flour is fresh.....the shop keeper's try to trick you sometimes.....

¼ cup milk.

Mix sugar and butter till creamed at vanilla slowly add eggs then flours and milk..

Be gentle do not beat the life from the cake treat her gently.

When she has cooled rest her for a day ..Wrap her up in grease proof paper so she does not dry out. Keep her somewhere special not the fridge.

Chocolate Icing

3 cups desiccated coconut

500g (1lb) icing sugar

1/3 cup cocoa best quality you can find Greens is good...

(extra cocoa can be added, according to taste)

15g (1/2oz) butter

1/2 cup milk

Sift icing sugar and cocoa into heatproof bowl.

Stir in butter and milk.

Stir over a pan of hot water until icing is smooth and glossy.

Trim brown top and sides from cake.

Cut Cake in to squares, and dip them in the Chocolate icing, then roll in coconut..

The cakes will keep for about a week in the fridge, be certain to bring them to room temperature before you serve them.