

STICKY CHOCOLATE & PRUNE LOAF



FOOD SERVICE



A delicious moist, rich and sophisticated tea-time loaf, which is very simple to make. Glazing with an orange syrup keeps the loaf moist and makes the loaf keep well. Also freezes well.

STICKY CHOCOLATE & PRUNE LOAF

SERVES 36 (makes 3 loaves, 12 slices per loaf)



INGREDIENTS

| | | Approx Unit Price | | Approx Ingredient Cost |
|---------------|--|----------------------|------|---------------------------|
| Cake: | | | | |
| 600g | good quality dark chocolate | 0.01200 | 100% | \$7.20 |
| 60g | cocoa powder | 0.01400 | 100% | \$0.84 |
| 880g | pitted prunes | 0.00924 | 100% | \$8.13 |
| 400ml | freshly squeezed orange juice | 0.00330 | 100% | \$1.32 |
| 240ml | natural unsweetened yoghurt | 0.00250 | 100% | \$0.60 |
| 240ml | canola oil | 0.00240 | 100% | \$0.58 |
| 4 | eggs, no 6 | 0.20000 | 100% | \$0.80 |
| 120g | Chelsea Caster Sugar | 0.00262 | 100% | \$0.31 |
| 240g | Chelsea Soft Brown Sugar | 0.00277 | 100% | \$0.67 |
| 160g | Chelsea treacle | 0.005 | 100% | \$0.80 |
| 460g | plain flour | 0.00115 | 100% | \$0.53 |
| 8g | baking powder (2 tsp) | 0.00890 | 100% | \$0.07 |
| 8g | baking soda (2 tsp) | 0.00450 | 100% | \$0.04 |
| 4 | pinchs salt | | 100% | \$0.00 |
| Syrup: | | | | |
| 200g | orange, juice only (juice of 1 orange) | 0.00280 | 100% | \$0.56 |
| 100ml | water | | 100% | \$0.00 |
| 100g | Chelsea Caster Sugar | 0.00262 | 100% | \$0.26 |

METHOD

Preheat oven to 170°C. Grease and line 3 * 500g loaf tins with baking paper.

Soak half the prunes in the orange juice for 20 minutes.

Blend the other half of the prunes with the yoghurt and canola oil in a food processor until smooth. Transfer to a bowl, and whisk in the treacle, brown sugar, caster sugar and the eggs.

Sift together the flour, baking powder, baking soda, salt and cocoa powder. Fold into the prune mixture.

Finely chop the chocolate (pulse-chop in a food processor) and roughly chop the soaked prunes. Add both of these to the prune mixture and fold in.

Pour the batter evenly into the prepared tins.

Bake for approximately 50 minutes, then test if cooked - a skewer inserted into the centre should come out clean. If the cakes are browning too quickly, reduce heat to 160°C and cover the tops with tin foil.

Whilst cakes are baking, make the syrup glaze: Bring water and caster sugar to the boil and remove from heat. Cool slightly and add orange juice.

When the cakes are cooked, remove from the oven and pierce several deep holes in each with a skewer. Drizzle each liberally with the syrup and continue glazing with syrup several times as they cool down. Allow cakes to cool down completely before turning out.

| | |
|-------------------------|----------------|
| TOTAL COST | \$22.71 |
| COST PER PORTION | \$0.63 |
| GROSS PROFIT % | 70% |
| SALES TAX | 15% |

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| MIN. SELLING PRICE (per portion) | \$2.42 |
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Costs based on average wholesale prices at Feb 2011

SOME KEY POINTS TO REMEMBER:

- Serve sliced cake with a garnish of Greek yoghurt and a compôte made from frozen berries or soaked dried fruit and spices. Excellent served warmed with a scoop of quality vanilla ice cream.

PROFIT

- A slice costs around 63c + GST to make – a selling point of \$3.00 with garnish will return 70%+ GP.

NUTRITION

- Contains wheat gluten, milk products and eggs

SERVICE

- Display sliced on counter-top and serve with butter, thick yoghurt or cream
- As part of a menu, serve warmed with good ice cream and fresh berries or berry compote
- Include as part of an out catering sweet offer.