

History of Victoria sponge cake

The Victoria sponge cake, also known as the Victoria sandwich is one of the UK's most popular cakes and it is thought to have been one of Queen Victoria's favourite cakes.

Queen Victoria reigned over the UK in the 19th century, from 1837 until her death in 1901. Modern rising agents such as baking powder and baking soda were only invented in the first half of the 19th century, making the new discovery of light sponges popular.

Originally the Victoria sponge was thought to have started in the nursery, as early Victorian afternoon tea consisted of seed and fruit cake. For the safety of children, it was suggested children should not eat cake with fruit or seed so Victoria sponge cakes were created as a result to be a harmless teatime specialty for just the children.

RECIPE

Ingredients

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp milk

For the filling

- 100g butter, softened
- 140g icing sugar, sifted
- drop vanilla extract
- half a 340g jar strawberry jam
- icing sugar, to decorate



Method

1. Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.
2. In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
3. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
4. Bake for about 20 mins until golden and the cake springs back when pressed.
5. Turn onto a cooling rack and leave to cool completely.
6. To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract
7. Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.
8. Dust with a little icing sugar before serving.