

Simnel cake



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Simnel cake is a fruitcake widely eaten in the United Kingdom, Ireland and other countries with patterns of migration from them, associated with Lent and Easter. It is distinguished by layers of almond paste or marzipan, typically one in the middle and one on top, and a set of eleven balls made of the same paste.




History

Bread regulations of the time suggest they were boiled and then baked, a technique

which led to an invention myth, in circulation from at least 1745 until the 1930s, whereby a mythical couple, Simon and Nelly, fall out over making a Simnel. One wishes to boil it,

one to bake it and, after beating each other with various household implements, they compromise on one which uses both cooking techniques.





Conventionally, 11
marzipan balls are used
to decorate the cake,
symbolising the 12
apostles
minus Judas Iscariot, or
occasionally 12 are used,
representing Jesus
and the 11
apostles.



Simnel cake is a light fruitcake, generally made from these ingredients: white flour, sugar, butter, eggs, fragrant spices, dried fruits, zest and candied peel. Sometimes orange flower water or brandy is used, either in the cake batter or to flavour the almond paste.

Thank you
for simply
being
YOU

