

## Sticky Mango Chai Cake

This is a lovely moist cake with a super flavour. It's great for afternoon tea or for pudding and will serve at least 8 people. Jane Hornby gave this recipe to the Fairtrade Foundation for their FairBake Campaign. If you have problems finding shelled pistachios, you could use roughly chopped Fairtrade cashews, almonds or apricot kernels. If you like a roast nut flavour, dry roast the chopped nuts before including in the cake mix. Another minor adaptation which "ups" the Chai-ness of the recipe is to use a Chai tea bag rather than a normal tea bag when soaking the mango.



### Ingredients

15 green Fairtrade cardamom pods  
150g Tropical Wholefoods Fairtrade Organic dried mango  
1 Fairtrade tea bag  
200g unsalted butter, very soft  
200g Fairtrade golden caster sugar, plus 3 tbsp for the glaze  
4 large eggs, at room temperature  
200g self-raising flour  
1 tsp baking powder  
1 tsp Fairtrade mixed spice  
1 tbsp milk 50g shelled pistachios roughly chopped  
thick Greek yogurt, to serve  
You will also need a 20cm round, deep, loose-bottomed cake tin, greased and lined with baking parchment.

### Method

1. An hour before you want to bake your cake, you will need to soak the mango in a spicey tea brew.
2. Using a pestle and mortar, crush five cardamom pods till they split. Put into bowl with the mango and teabag, then pour over 500ml boiling water. Cool.
3. Split the remaining cardamom pods and crush the seeds to a powder.
4. Preheat the oven to 180C/350F/Gas Mark 4. Drain the mangoes in a sieve over a medium pan, retaining the soaking liquid. Discard the cardamom pods. Roughly chop 125g of the soaked mango and set aside.
5. Put the rest of the mango (about 200g) into a food processor with the butter and sugar. Whizz together until creamy. Add the eggs, flour, baking powder, cardamom powder, mixed spice, milk and a pinch of salt then pulse until creamy and even.
6. Remove the blade from the mixing bowl, stir in half of the nuts and most of the remaining chopped mango, reserving a little for decorating the baked cake. (If using almonds/apricot kernels/cashews, and you like a dry roast flavour, dry roast the nuts before including.
7. Spoon the mixture into the tin, then bake for 50 minutes, until a skewer inserted into the middle comes out clean. You may need to cover the cake loosely with foil after about 40 minutes to prevent over-browning.
8. While the cake bakes, add 3 tbsp sugar to the retained soaking liquid in the saucepan, then boil for 12 minutes. Let cool to a silky syrup.
9. Cool the cake in its tin for 30 minutes, then remove to a wire rack. To serve, scatter with the rest of the nuts and chopped mango, drizzle with the syrup and enjoy with dollops of Greek yogurt.

