

Custard apple teacake



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Preparation: 20 minutes

Cooking: 1 hour

Serves: 8

2 (about 330g each) ripe custard apples
125g butter at room temperature, cubed +
extra for greasing
½ cup caster sugar + 3 tsp extra
1 tsp vanilla extract
2 eggs
1½ cups self-raising flour
¼ tsp ground cinnamon

1. Preheat oven to 170°C/150°C fan-forced. Grease an 11cm x 21cm (base measurement) loaf pan with melted butter. Line the base and sides pan with baking paper, allowing the paper to overhang sides. Halve custard apples and scoop pulp into a bowl. Remove seeds and roughly mash (you'll need approx. 1½ cups pulp). Set aside.
2. Using electric beaters, beat butter, ½ cup sugar and vanilla in a medium bowl for 8–10 minutes, scraping down side of bowl occasionally, until mixture is pale and creamy. Add eggs one at a time, beating well after each addition.
3. Using a large metal spoon, fold custard apple pulp into butter mixture until combined. Sift flour and fold into mixture in two batches until well combined. Spoon into prepared pan and smooth top. Combine the 3 tsp extra sugar and cinnamon and sprinkle evenly over cake mixture.
4. Bake for 50–55 minutes until a skewer inserted into the centre comes out clean. Set aside in the pan for 5 minutes before turning onto a wire rack to cool. Slice and serve.



Custard apple

- An excellent source of vitamin C, needed to keep gums and blood vessels healthy.
- Provides potassium, a mineral that valuable in counteracting the harmful effects sodium (from salt) has on blood pressure.
- A good source of dietary fibre which keeps the intestine healthy.