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## Cook's notes

A taste of the past Our Deputy editor, Elaine Stocks, enjoyed a visit to the Imperial War Museum's fascinating Ministry of Food exhibition, which runs until 3 January ([iwm.org.uk](http://iwm.org.uk)). She finished up with tea and cake in the museum's Kitchen Front café and was particularly impressed with the Ginger cake – moist, with a wonderfully dense hit of ginger. Elaine wasn't the only one. A team from the East End Women's Institute gave it 10 out of 10 – the highest score they've given a cake at a London museum or gallery! We asked the café, run by Company of Cooks, to share the wartime recipe with *Good Food* readers.



### Kitchen Front ginger cake

CUTS INTO 14-16 slices • PREP 20 mins  
COOK 1 hr 5 mins **Easy** ❄️

300g/11oz margarine, plus extra for tin  
400g/14oz golden syrup  
1 egg  
130g/4½oz plain flour  
225g/8oz self-raising flour  
1 rounded tsp ground ginger  
1 rounded tsp cinnamon  
pinch of salt  
110g/4¼oz soft dark brown sugar  
½ tsp bicarbonate of soda

**1** Heat oven to 150C/130C fan/gas 2. Grease and line a 26cm cake tin. Gently melt the margarine and syrup in a pan. Beat egg. Place flours, ginger, cinnamon, salt and sugar into a food mixer. Mix at slow speed. With mixer running, pour in the margarine and syrup, then add the egg. Dissolve bicarb in 175ml warm water, then pour into the bowl with mixer running. Spoon mix into tin, smooth over the top.

**2** Bake for 1 hr, then test by inserting a cocktail stick into the middle – it should come out clean. If not, bake for a further 5 mins and test again. Turn onto a cake rack to cool.

Photograph: LIS PARSONS | Food styling: KATE CALDER | Styling: SUE ROWLANDS

### ■ Nigel Slater's Simple Suppers

Nigel rustles up effortless meals using fresh produce from his own garden and fellow 'grow your own' enthusiasts in his second *Simple Suppers* series on BBC Two.

### ■ MasterChef: The Professionals

Gregg Wallace, Michel Roux Jnr and sous chef Monica Galetti put aspiring chefs to the test in six weeks of high-pressure cooking on BBC Two in the hunt for a new Professional MasterChef.

### ■ Jamie's American Food Revolution

This series caused outrage and acclaim in equal measure when it aired in the US earlier this year. Jamie's attempt to transform the residents eating habits in 'America's unhealthiest city' Huntington,



West Virginia, is both disturbing and inspiring. Catch it on Channel 4 this September.

### ■ Ramsay's Best Restaurant

From fancy French to fiery Indian, Gordon Ramsay puts local restaurants, nominated by viewers, to the test in a new eight-part series on Channel 4.

### ■ River Cottage Everyday

Also on Channel 4, Hugh Fearnley-Whittingstall hopes to inspire viewers to be a little more adventurous with their daily cooking and forego unhealthy convenience foods.

### ■ Street Market Chefs

Amanda Lamb visits regional food markets in her new ten-part series on Five, discovering the best produce and challenging local chefs to a cook-off. Turn to p134 to see Amanda's kitchen

• See p143 for more TV news and recipes.

TV compiled by KATHRYN CUSTANCE. Programme information correct at time of going to press. Please check *Radio Times*, [radiotimes.com](http://radiotimes.com) or [bbc.co.uk](http://bbc.co.uk) for transmission details