

Lemon Myrtle Tea Cake

These muffins were inspired by our Guardian Chefs' visit to a Bush Tucker Garden in Sydney. Aboriginal food, also known as Bush food or Bush Tucker includes the herbs, fruits, bulbs, and meat consumed by the indigenous people of the Australia.

Lemon Myrtle has a fresh aroma of citrus, with a lingering menthol essence and a strong lemon flavour, which is not only sweet and refreshing but has high nutritional value too. The children of Guardian Queen Street and Guardian Barangaroo are often involved in the preparation of their menu and enjoy working, cooking and chatting with the chef through the open window during their day at the centre.

Ingredients

- 125g butter, chopped
- $\frac{3}{4}$ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 2 cups self-raising flour, sifted
- $\frac{2}{3}$ cup milk
- 1 tablespoon dried and crushed Lemon Myrtle leaves

This recipe and the various images were shared by our chef Renata at Guardian Queen Street and the team at Guardian Barangaroo.

Method

1. Preheat oven to 180C. Lightly grease a deep, 20cm round cake pan. Line base with baking paper.
2. Beat butter, sugar and vanilla together in a large bowl using an electric mixer, until pale and creamy.
3. Add eggs one at a time, beating well after each addition, scraping down sides of bowl.
4. Lightly fold flour into creamed mixture alternately with milk, beginning and ending with flour.
5. Add lemon myrtle in with cake mixture. Spoon mixture into prepared pan.
6. Bake for 40-45 mins, or until cooked.
7. To make the vanilla icing: Sift icing sugar into a bowl. Add butter, water and vanilla. Add a little lemon myrtle.
8. Beat well with a wooden spoon until a smooth spreadable consistency. Spread over cooled cake.

The children at Guardian Barangaroo enjoy Lemon Myrtle Muffins

1. Follow the above recipe and line a 12-hole muffin tray with cases.
2. Spoon mixture into muffin cases and bake for 20 minutes until a skewer comes out clean.
3. Ice if desired. Alternative suggestions; add a dab of mixed icing sugar and butter and then a slice of banana or a basic coconut icing is yummy too.

Note: If cooling and freezing use food safe cooling Practices (2hr/4hr Cooling Rule).

LOVE,
QUEEN
STREET

