



## Hearty Lamingtons

Provided by Lucy Cornes, HeartKids South Australia Ambassador



### Ingredients

3/4 cup (115g) self raising flour  
1/3 cup (50g) cornflour  
4 eggs  
3/4 cup (155g) caster sugar  
1/3 cup (80ml) boiling water  
10g butter, melted  
1 1/2 cups (325ml) strawberry topping  
2 cups (170g) desiccated coconut

### Method

Preheat oven to 180°C. Grease a square 23cm cake pan. Sift the flour and cornflour together 2-3 times.

Use an electric mixer to whisk eggs in a bowl until pale and fluffy. While whisking, gradually add the sugar, 1 tablespoonful at a time, until well combined. Continue whisking until thick and pale and a ribbon trails when the beaters are lifted.

Sift combined flours over egg mixture and use a whisk to gently fold until just combined. Combine the boiling water and butter in a jug and pour down the side of the bowl. Gently fold until just combined. Pour into prepared pan and gently smooth the surface. Bake in preheated oven for 20-25 minutes or until cake springs back when lightly pressed in the centre. Remove from oven and immediately turn out onto a wire rack. Set aside to cool completely.

Use a 6cm-diameter heart-shaped pastry cutter and a small, serrated knife to cut heart shapes from the sponge cake.

Pour the topping into a shallow bowl and place the coconut on a plate. Dip a sponge heart into the topping and carefully roll to lightly coat. Allow excess to drip off. Place on the coconut and gently roll to evenly coat, lightly pressing to secure. Place on a plate. Continue with remaining sponge hearts. Store in an airtight container for up to 3 days.