

Ingredients:

- 180g soft butter or margarine
- 180g caster sugar
- 2 eggs
- 150g crushed pineapple from a tin (or pineapple chunks whizzed in a blender)
- 230g self-raising flour
- ½ tsp baking powder
- Pinch of salt
- 100ml pineapple juice (reserved from the tin)
- 80g caster or granulated sugar

Instructions (makes 2 x 1lb loaves one to be shown):

1. Preheat your oven – 180 degrees for conventional ovens or 160 degrees for fan ovens – and thoroughly grease a loaf tin with soft butter. Lining the base with greaseproof paper can also help prevent sticking.
2. In a large bowl, use a wooden spoon or an electric whisk to beat together the butter and sugar until pale and fluffy.
3. Add the eggs one by one, beating well after each one.
4. Drain the pineapple well, squeezing out all the liquid and reserving the juice.
5. Tip the drained crushed pineapple into the butter-sugar-egg mixture and beat again to combine.
6. Add the self-raising flour, baking powder and salt, and stir gently until fully combined. (Don't worry if the mixture looks a little curdled, this is normal!)
7. Pour the cake mixture into your prepared tin.
8. Bake for 50-60 minutes until golden, risen, and a skewer inserted into the centre can be cleanly removed.
9. Once removed from the oven, you can prepare the glaze for the cake.
10. Simply stir together the pineapple juice and caster/granulated sugar, and microwave on high for 30 seconds. This should create a light syrup.
11. Use a skewer or cocktail stick to poke little holes all over the warm cake and pour this pineapple syrup all over it.
12. Allow the cake to cool in the tin for 15-20 minutes before removing it and allowing it to cool completely on a wire rack.
13. Slice the cake up, look out some fresh cream, and enjoy!