# HOMEMADE
## WITH FAIRTRADE

Libertad Cal is a sugar cane farmer from Yo Creek Village, Orange Walk, Belize. Libertad and her husband are members of Fairtrade co-operative BSCFA and have three children. Cane farming has been the main source of income for her family, parents and grandparents and has enabled the couple to provide an education for their children.
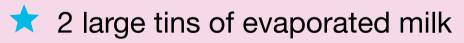
Libertad, who has been a fan of baking since she was a child and shares her chocolate black cake recipe below, often bakes on a traditional fire hearth.

## INGREDIENTS

- ★ 9 eggs (Libertad advises using local ones!)
- ★ 1lb Fairtrade caster sugar
- ★ 1lb self-raising flour
- ★ 2 large tins of evaporated milk
- ★ 4oz of Fairtrade cocoa powder
- ★ 1/2lb butter (melted)
- ★ 1 tsp grated nutmeg

## PREPARATION

- ★ Mix the eggs and sugar until well blended and the sugar dissolves
- ★ Mix the dry ingredients (flour, cocoa and nutmeg) and then add to the egg and sugar mixture
- ★ Add in the evaporated milk and melted butter
- ★ Give the ingredients a good stir until smooth
- ★ Place mixture in a greased tin and bake in a preheated oven at 190°C (375°F/Gas 5) for about 30 minutes