

Recipe of the Month

Carrot, sultana and orange cake

Ingredients

225g (8oz) light soft brown sugar
 225ml (8fl oz) rapeseed oil
 3 medium eggs, beaten
 225g (8oz) plain wholemeal flour
 2 tsp baking powder
 1 1/2 tsp ground cinnamon
 225g (8oz) coarsely grated carrots
 (about 3 large carrots)
 115g (4oz) sultanas
 Finely grated zest of 1 orange
 115g (4oz) icing sugar
 4 tsp freshly squeezed orange juice

Serves: 15-20 portions

Prep time: 25 minutes

Cooking time: 40 minutes



Method

- Preheat oven to 180°C / fan 160°C / gas mark 4. Grease a 28 x 18cm (11 x 7in) cake tin and line with non stick baking paper; set aside.
- Put brown sugar, rapeseed oil and eggs in a bowl; whisk together using a balloon whisk. Fold in flour, baking powder and cinnamon; fold in grated carrots, sultanas and orange zest.
- Transfer mixture to prepared tin; level surface. Bake in oven for about 40 minutes or until a fine skewer inserted into centre comes out clean. Cool in tin for 5 minutes; turn out onto a wire rack, peel off lining paper, then turn cake back over onto another wire rack and leave to cool completely.
- In a small bowl, mix icing sugar and orange juice together until smooth. Thinly spread or decoratively drizzle icing over top of cake; leave to set for 10 minutes.
- Cut cake into portions and serve.

For a tempting dessert, once cooled, cut the cake into 8 portions and serve with a dollop of natural Greek style yoghurt or fromage frais and some fresh raspberries or sliced strawberries.

Another option is to leave out the icing and serve warm, sprinkled with a dusting of icing sugar.

Or try substituting ground mixed spice for the cinnamon.

This recipe was taken from Heart Matters, a free magazine for anyone with a heart or circulatory condition or at risk of heart disease.