



Carrot Cake



Carrot cake is a classic and forgiving recipe. This version is made with oil instead of butter, which makes it moist and suited for storing in an air-tight container for several days.

Organisation and skill: ★★★ **Cost:** £££ **Equipment:** 

Community involvement: Community involvement: children under supervision, young adults,

Ingredients

- 185g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon mixed spice
- 200g soft brown sugar
- zest of 1 orange – finely grated
- zest of 1 lemon – finely grated
- 100g pecan nuts – chopped (optional)
- 3 medium-sized free-range eggs – beaten
- 200ml sunflower oil
- 450g carrots – finely grated
- 2 large ripe bananas – mashed
- 1 tablespoon icing sugar

Equipment

- teaspoon
- tablespoon
- grater
- chopping board
- sharp knife
- measuring jug
- small bowl
- mixing bowl
- fork
- 24cm spring-form baking tin or silicone mould
- scraper
- sieve

How to make it

- 1 Heat the oven to 150°C/Gas 3. Grease and line the spring-form tin or lightly grease the silicone mould.
- 2 Place all the dry ingredients and zests into the mixing bowl.
- 3 Add the grated carrot, mashed banana, oil and beaten egg. Mix until thoroughly combined.
- 4 Spoon the mixture into the prepared tin. With the scraper, remove any mixture clinging to the sides of the bowl.
- 5 Bake the cake for 1 hour and 15 minutes until firm to the touch. Cool the cake in the tin.
- 6 When cool, remove the cake from the tin and sieve the icing sugar evenly onto the top of the cake.



 150°C/Gas 3  1¼hr



Allergy aware:
This recipe contains
nuts, flour
and eggs.

Cooking and sharing together

If you have access to an allotment, school garden or veggie patch you could try growing your own carrots!

Why not bake some cakes for a celebration and invite some of your local community to a celebration tea?

You can swap carrots for courgettes or even beetroots or pumpkin.

Be sure to grate courgettes a little more coarsely and don't be worried if your beetroot cake is pink!

Recipe hints and tips

Create icing by mixing mascarpone cheese, grated orange and a little icing sugar

Storage wise: This recipe will keep in a sealed container for 3-4 days.

Portion wise: serves 12-14.

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