



Polish Carrot Cake

Silvia Hart, The Honey Lady
20th March, 2011

Ingredients:

For the Cake

3 tbsp Honey Lady Raw Honey
1 tbsp Honey Lady Chai Honey
1 tbsp Honey Lady Vanilla Bean Honey
50g unsalted butter
75g sultanas
1 cup fine grated carrot
zest of one lemon
140ml live yoghurt
2 eggs, beaten
170g wholemeal SR flour
40g poppy seeds

For the Icing

125g cream cheese
125g quark
1 tsp Honey Lady Vanilla Bean Honey

Method:

1. Preheat your oven to 180c, and grease a 18cm square or 20cm round cake tin
2. In a saucepan, gently heat the butter, honey and sultanas
3. Remove from heat and stir in the carrot, lemon zest, yoghurt and eggs
4. Add the flour and poppy seeds and mix well
5. Transfer to the cake tin, and bake for 1hour. Reduce temp to 150c, and bake for a further 30 minutes until the edges of the cake begin to come away from the sides of the tin
6. Cool the cake in the tin for 20 minutes, then place on a wire rack to cool completely
7. For the icing - blend all ingredients and using a spatula spread onto cake.

ASFM SHOPPING LIST

Ingredients

Honey Lady Honey
Sultanas
Carrots & Lemons
Yoghurt
Eggs
Quark

Stallholders

The Honey Lady
Miss Merbein
N & M Tsimiklis, Patlin Gardens
Fleurieu Milk, B-D Farm Paris Creek, Alexandra Cheese
Kalangadoo Organic, Rosie's Eggs,
Limestone Coast Cheese