



caRRot cake

Makes 1 loaf

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INGREDIENTS

125g soft butter at room temperature
125g brown sugar
1 tablespoon (20g) honey
2 free-range eggs
125g plain flour
1 teaspoon baking powder
½ teaspoon bicarbonate soda
1 teaspoon cinnamon
pinch salt
1 large carrot
icing sugar to dust
olive oil cooking spray

tip: makes 60 mini muffins for lunch box treats

EQUIPMENT

electric mixer
rubber scraper
kitchen scales
loaf tin
medium size bowl
sieve
grater
bamboo skewer
small bowls
wire cooling racks
knife
chopping board
baking paper

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Preheat oven to 180°C or fan forced oven to 160°C.
2. Spray loaf tin with olive oil and line with baking paper.
3. On the chopping board, with a knife, top and tail the carrot. Grate the carrot on the coarse size holes. Measure 125g grated carrot into a small bowl and set aside.
4. Sift the flour, baking powder, bicarbonate soda, salt and cinnamon into a medium sized bowl and set aside.
5. Place the butter, brown sugar and honey into the bowl of an electric mixer and beat until light and creamy.
6. Break the eggs into a small bowl. With the mixer on medium speed carefully add to the other ingredients. Mix well.
7. With the electric mixer on slow incorporate the sifted dry ingredients into the base cake mixture until well combined.
8. Finally gently mix in the grated carrot.
9. Scrape out the cake mixture into the lined loaf tin and spread evenly.
10. Bake in the preheated oven for approximately 30-40 minutes. Check to see if the cake is cooked by sticking the bamboo skewer into the centre. When the cake is ready the skewer should come out clean with no raw mixture on it.
11. Let the cake sit for 10 minutes in the tin. Turn out, remove baking paper and cool on wire rack.
12. Dust with icing sugar or ice with your favourite icing when cool.

FROM THE MARKET

Butter – B.-d. Farm Paris Creek

Free-range eggs – Rosie's Eggs

Honey – Do Bee Honey and Friebe's Honey

Carrots – Virgara's Gardens, Patlin Gardens, N & M Tsimiklis, The Food Forest, Jim Cosmidis