

OUR RECIPE

VEGGIE
RECIPE

Zesty veg cake

Serves 15 people

INGREDIENTS

200g butter, melted, plus extra for greasing
140g sultanas or raisins
Zest and juice 2 oranges, or 4 clementines
300g self-raising flour
150g light soft brown sugar
2 tsp mixed spice
1 tsp ground ginger (optional)
1 tsp bicarbonate of soda
4 large eggs
300g carrots, parsnips, or swede,
or a mixture, grated
150g icing sugar or fondant icing sugar

METHOD

1. Heat oven to 180C/160C fan/gas 4. Smooth butter over a baking tin and cover with baking paper.
2. Grate the orange/clementines and then squeeze. Mix the sultanas with half the juice and zest, and microwave on High for 2 minutes.
3. Stir the flour, brown sugar, choice of spices, bicarbonate of soda and pinch of salt in a large bowl.
4. Crack the eggs into the melted butter and sultana mixture, and then tip over the dry ingredients, stirring well. Add the grated veg to the mixture, and scrape it into the tin.
5. Bake for 35 to 40 minutes, or until a skewer/knife comes out clean. Leave to cool in the tin.
6. Once cool, tip the icing sugar into a bowl and pour in the rest of the orange zest and juice to make a delicious icing. Drizzle over the cake and scatter some sugar. Give it a few minutes to set.(if you can wait), then cut into slices to serve

Recipe courtesy of Sam,
the Chair of the Winchester
Food Partnership:



You can swap butter for vegetable oil to make it dairy free. Why not try sweet potato, squash and courgettes. But you must make sure you ring out the excess juice. Always remember there is no need to peel the vegetables before grating. You keep the nutrients from the skin and it creates less waste.