

KINGBOROUGH COOK



Beetroot, zucchini and carrot cake

Kindly provided by Peter Lutz, a chef and member of the Taroona Neighbourhood Garden, this cake recipe offers a tasty opportunity to turn excess vegetables into a sweet treat. Makes 12 to 16 slices.

Ingredients:

- 380g carrots, peeled and grated
- 380g zucchini, grated
- 200g beetroot, peeled and grated
- 190g walnuts or almonds, roughly chopped
- 380g plain flour
- 380g castor sugar
- 12g ground cinnamon
- 7g baking powder
- 7g bi-carb soda
- 5 eggs
- 320ml vegetable oil
- 3g salt
- 15ml vanilla essence

Icing:

- 300g cream cheese
- 80g icing sugar
- 20ml balsamic vinegar

Method:

1. Preheat oven to 170 degrees Celsius.
2. Sift flour into a mixing bowl, add bi-carb soda, baking powder, sugar, salt and cinnamon.
3. Squeeze excess water out of all vegetables and add to flour mix.
4. In a separate bowl, mix eggs, oil and vanilla together then add this to the flour mix and stir to combine.
5. Pour mixture into a round, 24cm diameter pan, lined with grease proof paper, a non-stick spring-form pan is best.
6. Bake for approximately 45 to 60 minutes.
7. To make the icing, beat cream cheese and icing sugar until smooth, then add balsamic vinegar and mix well before icing the cake.