

BLOOD ORANGE AND SEMOLINA CAKE

EQUIPMENT

FOOD PROCESSOR, STAND OR STAB MIXER WITH WHISK ATTACHMENT, MIXING BOWLS, SCALES, RUBBER SPATULA, MINI LOAF TINS OR 20CM SPRING FORM CAKE TIN, CAKE OR COOLING RACK, SOLID BAKING TRAY, PERFORATED BAKING TRAY, VEGETABLE PEELER, CHEF'S KNIFE

INGREDIENTS

1 BLOOD ORANGE, 3 WHOLE EGGS, 95GM CASTER SUGAR, 85GM FINE SEMOLINA, 60GM TOASTED ALMOND MEAL, 2GM BAKING POWDER, SALT FLAKES, CANOLA OIL SPRAY

FOR THE SYRUP:

90GM CASTER SUGAR, ZEST AND SEGMENTS OF 1 BLOOD ORANGE
JUICE OF 2 BLOOD ORANGES, 40GM COINTREAU NOIR

METHOD

TO BEGIN: PLACE 1 WHOLE ORANGE ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 1 HOUR.

IN A MIXING BOWL COMBINE ALMOND MEAL, SEMOLINA, BAKING POWDER AND SALT, MIX BRIEFLY AND SET ASIDE.

TO MAKE THE SYRUP:

PEEL THE ZEST FROM 1 ORANGE AND FINELY SLICE THE ZEST INTO JULIENNE (THIN STRIPS). PLACE THE ZEST INTO A SMALL SAUCEPAN AND ADD THE COINTREAU. PLACE THE SAUCEPAN OVER MEDIUM HIGH HEAT UNTIL IT IGNITES.

CUT ANOTHER ORANGE IN HALF AND SET ASIDE. CUT AWAY THE PITH FROM THE PEELED ORANGE AND SEGMENT IT. SET THE SEGMENTS ASIDE AND KEEP THE REMAINDER OF THE ORANGE FOR ITS JUICE.

ONCE THE COINTREAU HAS IGNITED REMOVE IT FROM THE STOVE AND LET THE FLAMES DISSIPATE. ONCE THE FLAMES HAVE GONE SQUEEZE IN THE JUICE FROM THE SEGMENTED ORANGE AND THE CUT ORANGE. ADD THE CASTER SUGAR AND RETURN TO THE STOVE AND COOK OVER MEDIUM HEAT FOR 6-8 MINUTES.

ONCE THE STEAMED ORANGE IS COOKED REMOVE IT FROM THE OVEN AND CUT IT IN HALF. PLACE EACH HALF INTO A FOOD PROCESSOR AND BLEND UNTIL ONLY SMALL PIECES REMAIN.

IN A LARGE MIXING BOWL CRACK THE EGGS AND ADD THE SUGAR, WHISK ON HIGH SPEED UNTIL THE MIXTURE IS LIGHT, FLUFFY AND PALE.

ADD THE DRY INGREDIENTS TO THE EGG MIX AND FOLD THROUGH WITH A SPATULA UNTIL WELL COMBINED. NEXT FOLD THROUGH THE STEAMED ORANGE PUREE AND ENSURE IT IS WELL INCORPORATED.

LIGHTLY SPRAY MINI LOAF TINS OR A SPRING FORM TIN WITH OIL SPRAY AND FILL THE TIN/TINS TO THE TOP. PLACE THE TIN/S ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN COMBI SETTING 180°C FOR 12-15 MINUTES.

ONCE COOKED REMOVE THE CAKES FROM THE OVEN AND CAREFULLY REMOVE THEM FROM THE TINS. PLACE THE WARM CAKES ON A CAKE RACK OVER A TRAY AND GENEROUSLY SPOON OVER THE ORANGE SYRUP. SERVE THE CAKE WARM WITH SCATTERED SEGMENTS AND CRÈME FRAICHE.

HINTS & TIPS

- THIS CAKE IS DAIRY AND GLUTEN FREE AND A GREAT OPTION FOR AN AFTERNOON TEA, SERVE IT WARM WITH LASHINGS OF CREAM.

THIS CAKE IS ALSO ONE THAT CAN BE PRE-BAKED AND RE-HEATED. TO REHEAT WRAP THE CAKE TIGHTLY IN BAKING PAPER AND FOIL AND STEAM IT FOR 8-10 MINUTES 100°C TO WARM IT THROUGH.