

Carrot cake



History

Carrot cake's history is intriguing and spans several centuries. It made its debut in a British cookbook published in 1827 but had earlier roots, with a carrot pudding pie recipe dating back to 1747. However, carrots as sweeteners didn't truly shine until the 1940s during World War II when sugar rationing prompted the British government to advocate the use of carrots to provide the sweet factor in cakes and puddings.

The British are so fond of carrot cake that they honour their beloved dessert on National Carrot Cake on February 3.

Prepare to embark on a delightful journey through the realms of heavenly carrot cake. This recipe, which we've lovingly adapted for a 25cm cake tin, offers a delightful twist on the classic. Infused with the earthy sweetness of carrots, the plumpness of raisins, and the crunch of walnuts, this moist and aromatic cake

is perfect for any occasion. To top it all off, a creamy and tangy cream cheese icing awaits to make this cake truly divine.

Ingredients:

For the Cake:

- 230ml vegetable oil
- 100g plain yogurt
- 4 large eggs
- 2 teaspoons of vanilla extract
- ½ orange, zested
- 265 g all-purpose flour
- ½ package of baking powder
- 150g – 200g brown sugar
- 2 tsp ground cinnamon
- ¼ fresh nutmeg, finely grated
- A pinch of salt
- 265g carrots, grated (about 3-4 carrots)
- 100g raisins (optional)
- 50g chopped walnuts (optional)

For the Icing:

- 75g slightly salted butter, softened
- 75g icing sugar
- 150g cream cheese

- 50g chopped walnuts

Instructions

Step 1: Preheat and Prepare

- Preheat the oven to 180°C (160°C fan/gas 4). Oil and line the base and sides of a 25cm cake tin with baking parchment.

Step 2: Mixing the Wet and Dry Ingredients

- In a jug, whisk together the vegetable oil, yogurt, eggs, vanilla extract, and orange zest.
- In a separate large bowl, combine the flour, granulated sugar, cinnamon, nutmeg, and a pinch of salt. Break up any sugar lumps with your fingers, gently shaking the bowl to bring them to the surface.

Step 3: Combining Ingredients

- Pour the wet ingredients into the dry mixture, along with the grated carrots, raisins, and 50g of the chopped walnuts. Stir thoroughly until well combined.

Step 4: Baking

- Transfer the cake batter into the prepared cake tin.
- Bake in the preheated oven for 50-60 minutes, or until a skewer inserted into the center of the cake comes out clean. If there's any wet batter on the skewer, return the cake to the oven for an additional 5 minutes before retesting.
- Allow the cake to cool in the tin.

Step 5: Cream Cheese Icing

- In a separate bowl, beat the softened butter and icing sugar together until smooth.
- Gradually add the cream cheese, half at a time, beating well after each addition. This prevents the icing from splitting.

Step 6: Assembly

- Remove the cooled cake from the tin and place it on a serving plate.
- Spread the cream cheese icing evenly over the top of the cake.
- Scatter the remaining chopped walnuts on top of the icing.

Step 7: Serving

- Enjoy this heavenly carrot cake delight with friends and family! The cake can be stored in the fridge for up to five days.