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Carotino Recipes

Carotino Carrot Cake

Ingredients:

6 oz (175 g) dark brown soft sugar, sifted
2 large eggs at room temperature
4 fl oz (120 ml) Carotino oil
7 oz (200 g) wholemeal self-raising flour
1½ teaspoons bicarbonate of soda
3 rounded teaspoons mixed spice
Grated zest of 1 orange
7 oz (200 g) carrots, peeled and coarsely grated
6 oz (175 g) sultanas

Method:

Begin by whisking the sugar, eggs and oil together in a bowl using an electric hand whisk for 2-3 minutes. Then sift together the flour, bicarbonate of soda and the mixed spice into the bowl, tipping in all the bits of bran which are left in the sieve. Stir this together, and then fold in the orange zest, carrots and sultanas. After that, pour the mixture into the prepared tin and bake on the middle shelf of the oven for 35-40 minutes (At gas mark 180 °C /gas mark 4) until it is well risen and feels firm and springy to the touch when pressed in the centre. Allow the carrot cake to cool before adding frosting.

Cream Cheese Frosting:

110 (4 oz) cream cheese
50 g (2 oz) butter
1 teaspoon grated lemon rind
225 g (8 oz) icing sugar

Method:

Allow cheese and butter to stand at room temperature until softened. Place in a bowl with lemon rind and beat until creamy. Gradually add the icing sugar beating well with each addition. Add the frosting to the cooled carrot cake, decorating it with the back of a fork.

Serves 6