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Carotino Recipes

Carotino Golden Sponge Cake

Ingredients:

6 oz (175 g) Carotino oil
6 oz (175 g) caster sugar
2 large eggs
6 oz (175 g) self raising flour

Method:

Heat oven to 180 °C/Gas Mark 4. Grease and line an 8 inch (18 cm) cake tin. Mix the sugar and Carotino oil together in a food processor (or you can beat with a wooden spoon.) Beat in the eggs one at a time adding a little of the flour with each. Gently fold in the remaining flour. Place in greased tin and bake for 40-45 minutes at 190 °C/ Gas Mark 5. Alternatively, you can use 2 x 18 cm (7 inch) sandwich tins, in which case bake for 20-25 minutes 190 °C/ Gas 5. You can also use individual cake cases if preferred and bake at for about 15 minutes at the same temperature.

The cooled cakes can be decorated with melted chocolate or whipped cream to which the grated zest of an orange has been added.

Tip:

If the cake appears to be browning on top, but is not cooked inside when tested by sticking a skewer in it, cover it with baking parchment or greaseproof and leave a little longer. When it is ready it will shrink from the sides of the tin, and feel springy to touch.

Serves 4