

FML

Food's my life!

Love Cake

1 ½ cups coarse semolina (GF = 1 ½ cups almond meal)
125g softened unsalted butter (DF = 100g ghee)
2 cups caster sugar (GF = 1 ½ cups caster sugar)
10 egg yolks
Grated rind of 1 lemon
150g raw cashew nuts, chopped
50ml rosewater essence
2 tsp vanilla extract
2 tsp almond essence
½ cup finely chopped pumpkin preserve*
3 tbsp honey
¼ tsp ground nutmeg
¼ tsp cinnamon
3 egg whites
Pinch of salt

1. Preheat fan forced oven to 160 degrees Celsius and line a 20 x 30cm slice tin with baking paper
2. Mix the semolina and butter in a bowl, until it resembles wet sand – set aside
3. Beat sugar and egg yolks in a large bowl until pale, thick and creamy. Add Lemon.
4. Continue beating on a medium speed, while slowly, 1 tbsp at a time, add the semolina mixture.
5. Once all semolina mixture has been added, it may feel quite dry – so now add the rosewater, almond and vanilla and beat to incorporate these liquids, then add the nuts, spices, honey and pumpkin preserve. Beat until thoroughly combined.
6. In a separate bowl, whisk egg whites with a pinch of salt until stiff peaks form.
7. Slowly fold the egg whites (a little at a time) into the cake mixture.
8. Pour into prepared tin and bake for 40 minutes, then lower the temperature to 150 degrees, loosely cover the cake with foil and continue baking for a further 20 minutes. The cake is ready once a skewer inserted come out with a few crumbs clinging and may appear sticky. This is right – Love cake needs to be a little moist. If the skewer comes out with wet cake batter – continue baking a little longer.
9. GF version = bake for 30 minutes at 160, then bake for a further 1 hour – covered – at 150 degrees.
10. Allow the cake to cool completely in the tin before cutting.

NOTE

Pumpkin preserve is not an essential ingredient but it is traditional. I buy mine from an Indian grocery store. Love Cake can keep for a long time if stored well. Keep wrapped in baking paper, then foil. Can be kept out if the weather is cool. Best to keep refrigerated in the warmer months. Best eaten at room temperature. (Gluten free version should be kept in the fridge)