

COURGETTE CAKE



This makes a big cake but you can easily freeze half or give portions away. The squares travel well so they make good picnic fodder too.

INGREDIENTS

227gm caster sugar
227ml light vegetable oil
1 tsp vanilla extract
3 eggs
227gm grated unpeeled courgettes
340gm plain flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1/2 tsp grated nutmeg
100gm chopped walnuts

METHOD

Preheat the oven to 180*
Grease/line a 10" x 7" baking tin
Whisk together the sugar, oil, vanilla and eggs until thick and stir in the courgettes
Sift the dry ingredients over the bowl, add the nuts and stir well.
Spoon into the prepared tin and bake for 40 mins
Cut into squares when cool.

Of course, I do like to adapt recipes and this image shows a recent cake omitting nuts and flavoured with the rind of an orange instead of spices. Sunflower and pumpkin seeds can take the place of walnuts. Spelt flour or half and half brown and white flours would work, soft brown sugar and cardamom would be lovely.

I will be trying vegan alternatives to eggs. And grated apple and carrots instead of courgettes. And maybe some chocolate chunks and ginger

