Arum Nixon's

Carrot, Pistachio and Olive Oil Cake

Carrot cake has always been my favourite, but I love this twist on a classic. I'd never thought of the oil in a carrot cake particularly but using a strong flavoured olive oil adds its own subtle nutty flavour, especially in the olive oil frosting. You could of course use a traditional cream cheese topping – but this version definitely adds a new distinct twist so give it a go!
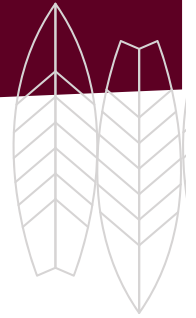
Westfield

NAKED FOODS
ORGANIC HEALTH FOODS
BULK

Carrot, Pistachio and Olive Oil Cake

Ingredients

- 125g self raising flour
- 150g brown sugar
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp salt
- 180ml olive oil
- 2 eggs

- 2 cups grated carrot
- 50g pistachios, roughly chopped

  For the Topping:
- 80ml olive oil
- 80g icing sugar
- 20g pistachios, roughly chopped

Method

1. Preheat the oven to 180 degrees. Grease and line an 18cm loaf tin with baking paper.

2. Sift the flour, baking powder, salt and spices into a large bowl. In a separate bowl, beat the eggs lightly and combine with the olive oil. Add to the flour mix, and fold in until just combined. Add the carrot and nuts and stir until mixed through.

3. Pour into the prepared cake tin, level the top and place in the centre of the oven. Cook for 30 – 40 minutes, until the cake is pulling away from the edges and a skewer inserted into the cake comes out clean.

4. Remove from the oven and allow to cool in the tin.

5. Meanwhile, make the frosting by combining the olive oil and icing sugar in a large bowl and beating thoroughly.

6. Place the cooled cake on a serving plate and cover the top with the frosting. Scatter the surface with the chopped pistachios to serve.

Tips and Tricks

- The trick to a light, crumbly cake is not over-working the batter. Fold the liquid through the flour until combined, but don't continue beating after. Work quickly and pre-line your tin, so that you can pour in the batter and bake straight away for best results.

- To check if the cake is cooked, first look to see if it's pulling away from the edges - this is the easiest sign. If so, feel the surface gently – it should be firm but springy, not squishy under the surface. Finally, insert a skewer and check it comes out clean - if so, your cake is ready!

Makes 1 loaf cake