APPLE AND BEETROOT CAKE

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- Sub Category Name
  Food
  Desserts

- Recipe Source Name
  Real High Tea 2014/15 Volume 2

Used Teas

Exceptional Ceylon
Spice Chai

Ingredients

APPLE AND BEETROOT CAKE
Cake

- 120g beetroot
- 1/3 cup sugar
- 1 egg
- 53ml vegetable oil
- 1/3 tsp vanilla

- 67g self-rising flour
- 1/3 tsp bicarbonate soda
- ½ tsp cinnamon

Beetroot Jelly

- 100ml sugar syrup
- 30ml beetroot juice
- ½ tsp gelatin

Apple Purée

- 2 apples
- 1 tbsp sugar
- ½ tsp gelatin

Chocolate Frosting

- 87ml water
- 112g sugar
- 75g cream
- 15g cocoa
- 4g gelatin

Apple Crisp

- 1 baby apple
- ½ tsp sugar
- ½ tsp cinnamon

Caramelised Walnut

- 100g walnuts
- 200g sugar

Methods and Directions

APPLE AND BEETROOT CAKE
Cake

- Preheat oven to 180C.
- Peel and finely grate the beetroot.
- Beat egg and sugar together in a large bowl.

- Add all the remainder of the ingredients to the egg mixture, including the grated beetroot.
- With a wooden spoon mix all the ingredients together.
- Portion into greased ramekins and cook in the oven for approx. 15-20 minutes.
- Once cooled cut into 3.
- Set layers of beetroot and apple jelly.

Chocolate Frosting

- Boil sugar and water in a saucepan for 3 minutes.
- Add cream, cook for 2 minutes more.
- Add cocoa and cook for 20 minutes on low.
- Soak gelatin. Add gelatin to mix and stir for 20 seconds.
- Pour into a bowl and cool for 15 minutes.
- Once it thickens pour over the cake.

Apple Crisp

- Cut apple into discs. Place apple on a tray.
- Sprinkle sugar and cinnamon on top. Cook in oven at 110C for one hour.

Caramelised Walnut

- In a saucepan cook the sugar until it becomes a golden colour.
- Add the Walnuts. Once well coated, let them drain off excess sugar syrup.