

CARROT CAKE

WITH SWISS MERINGUE CREAM CHEESE BUTTERCREAM



"When done right, Carrot Cake is one of the most pleasing, fulfilling things. Done wrong, it can be dry, or overly 'bitsy". This cake delivers in that it is made beautifully moist with the addition of crushed pineapple, whilst having enough structural integrity to be decorated. A beautiful classic to keep in your recipe repertoire for years to come"

CARROT CAKE RECIPE

WITH SWISS MERINGUE CREAM CHEESE FROSTING

SUGAR SUGAR CAKE SCHOOL

INGREDIENTS FOR CAKE

- 250g grated carrots (approximately 4 carrots)
- 230g Crushed Pineapple (tinned)
- 4 Large Eggs
- 300g Plain Flour
- 2 tsp Baking Powder
- 1 tsp Soda Bicarbonate
- 1/4 tsp Ground Cinnamon
- 1/4 tsp Ground Cloves
- 240ml Vegetable/Grapeseed/ Canola Oil
- 240g Caster Sugar
- 90g Chopped Walnuts (optional)
- 1 tsp Vanilla Extract



METHOD

1. Preheat the oven to 180 deg Celsius/400 Fahrenheit (170 Celsius for fan-forced ovens). Sift together the flour, baking soda, soda bicarbonate & spices - set aside.
2. Finely grate the carrots and set aside (fine for a finer crumb, or coarser for a more "chunky" texture).
3. If adding walnuts, bake the walnuts in the oven for 3-5 minutes until golden. Once baked, allow to cool before chopping up with a knife (as coarse or fine as you prefer).

4. Drain the juice away from the tinned pineapple, and pulse in a food processor until coarsely blended.
5. Mix all the dry ingredients together in a large mixing bowl – set aside.
6. Whisk the sugar, eggs, oil and vanilla extract together in a mixing bowl until combined.
7. Add the Wet (step 6) and Dry (step 5) ingredients together and mix together using the paddle attachment on your mixer (Low speed) until ALMOST fully combined.
8. Fold in the carrots, crushed pineapple and nuts on Low speed until fully combined. Do not overmix.
9. Decant the cake batter into your lined baking tins. This recipe makes one 9 inch round cake, or 2 smaller 7 inch round cakes.
10. Bake the cakes for approximately 40 – 55 minutes or until a skewer inserted into the middle of the cakes come out clean.
11. Leave to cool on a wire rack completely before decorating. This cake is best decorated/frosted the next day whilst chilled in the fridge overnight.

BAKING NOTES

- For best results, ensure all ingredients are at room temperature prior to mixing
- I recommend grating the carrots in a food processor to speeden up preparation
- Nuts can be omitted to meet dietary needs or if you prefer a smoother cake crumb.
- Ensure cake is chilled before decorating/frosting for best results (I prefer to decorate my cake the next day, straight from the fridge).
- This cake can be refrigerated for up to 7 days and frozen for up to 3 months.
- This cake pairs excellently with the Swiss Meringue Cream Cheese Frosting recipe on the next page, or alternatives include: Swiss Meringue Buttercream, White Chocolate Ganache, or Cream Cheese Frosting.

INGREDIENTS FOR SWISS MERINGUE CREAM CHEESE FROSTING

- 300g Egg Whites (pasteurised preferred)
- 600g Caster Sugar
- 600g Unsalted Butter (cubed & softened at room temperature)
- 150g Cream Cheese (cubed & softened at room temperature)
- 1 TBSP Vanilla Extract
- Pinch of Salt

METHOD

1. Whisk the egg whites & caster sugar together in your heatproof stand mixer bowl.
2. Place this bowl of mixture over a pot of simmering water (bain marie) making sure that the base of the bowl does not touch the surface of the water.
3. **Stir the mixture constantly making sure that the egg whites do not cook around the edges.**
Warm the egg white mixture till the sugar has dissolved (you can test this by rubbing a bit of the mixture between your fingers - if it doesn't feel grainy, then it's ready for whisking).
**If the egg whites you are using is not pasteurised whites from a carton, then heat the mixture until it reaches 72 deg Celsius or 161 Fahrenheit. Heating it to this temperature will help pasteurise the egg whites. Please note that this will cause your mixture to be very hot and therefore take longer to cool down in Step no.4.*
4. When the mixture is sufficiently warmed, remove the bowl from the bain marie and begin whisking it with the whisk attachment using a stand mixer (or handheld electric mixer). Whisk it on high speed till a fluffy stiff meringue has formed, ensuring the meringue has COOLED completely (approximately 15 - 30 minutes).
5. On Medium speed, GRADUALLY adding in the pieces of room temperature softened butter and cream cheese until all has been incorporated.

7. Once the butter & shortening have been incorporated, change the whisk attachment to a 'Paddle' attachment and continue beating on Low - Medium for 5 - 10 minutes. This will eliminate any additional bubbles in the buttercream.

BAKING NOTES

- This recipe will provide you with sufficient buttercream to fill & cover the equivalent of both a 2 x 6 inch round cakes.
- If the buttercream appears "soupy" after the fats have been added, place the buttercream in the fridge for 15 minutes and then continue whipping with the whisk. When the buttercream whisks up to peaks, replace the whisk with the paddle attachment and continue on with Step no. 7.
- This buttercream can be frozen for up to 2 months or refrigerated for up to 7 days. Simply leave at room temperature for a couple of hours (to defrost) until it has softened - it is ready to be used as per usual.
- This frosting is softer than most other frostings, and so I would recommend only using it as a filling in your cakes if you are building anything taller than a single tier. I would fill it in between the cake layers with a "dam" (ring) of ganache or regular frosting piped around the outer edge to keep the cream cheese frosting from oozing out.
- If your buttercream splits for any reason, place it on top of a bain-marie until the outer edges of the buttercream close to the bowl starts to melt. Whisk it in a stand mixer again and your buttercream should reemulsify again.