

Carrot cake with vanilla Mascarpone icing

Ingredients for the cake:

175 grams caster sugar
150 ml olive oil (not extra virgin olive oil)
2 eggs
Zest of 1 lemon
1 teaspoon vanilla extract
200 grams coarsely grated carrots
200grams self-raising flour
1 tablespoon mixed spice
1 teaspoon bicarbonate of soda

Ingredients for the icing:

250grams mascarpone
250ml double cream
1 teaspoon vanilla bean paste, or use the seed from 1 vanilla pod
3 tablespoons icing sugar

Method:

Preheat the oven to 180c and lightly grease and line the base of a 23 cm square tin with baking parchment.

In a bowl, whisk the sugar, eggs, oil, vanilla and lemon zest until smooth. Add the grated carrots and mix well. Sift the dry ingredients over the bowl and stir together gently.

Pour the cake mixture into the tin and spread evenly and then bake in the oven for 30-35 minutes until nicely risen, golden and springy to the touch. Remove the cake from the tin and cool on a wire rack.

Make the icing by mixing all the ingredients in a bowl with an electric mixer until light and fluffy. Make sure the cake has cooled completely before you begin to ice. Roughly ice the cooled cake and cut into slices as you desire!

This is a favourite of Liz and her family found on the Internet - 'Me My Food & I' by Michael Toa. Liz made the cakes photographed here for a birthday recently. She says '... the amount of icing is too much for the carrot cake so I use it up on some plain sponge cup-cakes.'

