

## 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.