



Italian Vegan Carrot Cake

RECIPE

Original recipe from The Classic Food Of Northern Italy by Anna Del Conte

INGREDIENTS

- 150 g/US one cup shelled almonds
- 3 eggs separated • 125g/US half cup +2 tablespoons sugar
- 60 g/US 1/2 cup of potato flour
- Salt
- 1 1/2 teaspoon baking powder
- 150 g/US one and 1/3 cups carrots, grated
- 2 tablespoons rum • Butter and dried breadcrumbs for the tin
- Icing sugar/US confectioners sugar to finish

Ed note: or make whatever icing you like – cream cheese icing can be tasty if dairy is not an issue

INSTRUCTIONS

- Heat the oven to 180°C/350°F
- Slide almonds into a sauce pan of boiling water. Boil for 20 seconds, then drain and skin them. The fresher they are the easier it is to skin them by squeezing them between thumb and forefinger. Put the skinned almonds on a baking tray and dry them in the oven for 7 to 10 minutes. After that, chop them finally in a food processor or by hand. They should be chopped very fine, but not as fine as ground almonds
- Beat the egg yolks with the sugar until they have doubled their volume. Sift the potato flour with salt and baking powder and add with a large metal spoon to the eggs and sugar mixture. Fold well and then add the carrots and rum. Mix thoroughly.
- Whisk the egg whites until standing in firm peaks. Fold them into the carrot mixture by the spoonful, gradually and carefully.
- Butter an 18 cm/7 inch spring pan, line the bottom with a disc of parchment paper and butter the paper. Sprinkle about 2 tablespoons of breadcrumbs over the bottom and side of the tin and then shake out any excess crumbs.
- Spoon the cake mixture into the prepared tin and bake for 40 to 45 minutes, until the cake is lovely and golden brown. It will have shrunk in from the side of the tin, and a wooden toothpick inserted into the middle of the cake she tell you when it's dry.
- Remove the cake from the tin and turn onto a wire rack. Peel off the paper and let cake cool.
- Serve covered with icing sugar