



Blood Orange & Cardamom Cake



Ingredients (serves 6-8)

- 5 tbs natural yogurt
- 175g polenta
- 50g ground almonds
- 1½ tsp baking powder
- pinch salt
- 3 eggs
- 150g caster sugar
- 5 tbsp cold pressed rapeseed oil
- 10 drops Cardamom Spice Drops
- 3 blood oranges

For the glaze

- 3 tbs blood orange juice
- 1½ tsp orange flower water
- 3 tbs caster sugar

Method

Preheat the oven to 180C / Gas 4

Grease a 20cm round cake tin with some rapeseed oil and line the bottom and sides with non-stick baking paper. Allow the paper to come above the sides of the tin creating a collar.

Combine the polenta, ground almonds and baking powder in a bowl.

Beat the eggs and sugar together using an electric mixer, until foamy. Continue beating in the Cardamom Spice Drops and rapeseed oil. Grate in the zest of the blood oranges and mix in.

Squeeze the juice from the blood oranges into a separate bowl reserving 3 tablespoons of the juice for the glaze. Beat the remaining juice into the egg mixture.

Stir in the yogurt then the dry ingredients. Mix carefully until completely combined.

Pour into the lined cake tin and bake in the oven for 40-45 minutes or until a cocktail stick inserted in the centre comes out clean.

Leave to cool in the tin for 5 minutes before turning out on to a wire rack.

Make the glaze by mixing the blood orange juice, orange flower water and caster sugar together until the sugar is dissolved.

While the cake is still warm prick the top of the cake with a cocktail stick and spoon over the glaze. You may need to place a plate underneath to catch any juices which drip through.