

Parsnip, Almond & Rosemary

CAKE WITH PISTACHIOS & CHOCOLATE GANACHE

This is a brilliant way to get more veg on your plate and like its more famous sister Carrot Cake the grated vegetables add texture and moisture to the cake. We are still harvesting parsnips at Secretts but the season is drawing to a close. Rosemary can be used all year round and at this time of year has gorgeous purple blossom.

Ingredients

- 3 large free range eggs
 - 200g soft light brown sugar
 - 150ml sunflower oil
 - 1 tsp almond essence (optional)
 - 130g white spelt flour
 - 100g ground almonds (use flour here instead if you like)
 - 1 tsp baking powder
 - 350g finely grated fresh parsnip
 - 85g chopped pistachios (reserve a few for garnish)
 - 1 dessertspoon of finely chopped fresh rosemary (pick some blossoms to garnish)
 - 1 teaspoon ground cloves
- For chocolate ganache
- 115g coconut milk or cream
 - 120g dark chocolate or chocolate chips
 - 1 tbsp coconut oil or butter
 - 1 pinch sea salt

Method

- Place the eggs in the bowl of a stand mixer or use a hand held mixer and add the sugar. Whisk until the mixture is thick and creamy. Slowly add in the oil and finally the almond essence.
- Mix all the dry ingredients together including the parsnip and add a spoon at a time to the batter folding in as you go.
- Pour the mixture into a lined baking tin and cook for 30 mins or until fully cooked in middle.
- Remove from the oven to cool and leave in the cake in the tin.
- To make the ganache melt the coconut oil or butter with the coconut milk.
- Add the chocolate chips and stir until melted and add the salt.
- Remove from the heat and cool. Before it completely sets pour over the cake and leave to set.
- Once set remove the cake from the tin, cut into squares and enjoy.

Variations: Top with cream cheese frosting instead of ganache