

Parsnip Cake

For the sponge:

230g self-raising flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 teaspoons ground mixed spice
200g caster sugar
100g sultanas
3 eggs
150ml sunflower oil
500g parsnips
2 oranges, zested

For the frosting:

200g cream cheese
50g butter, softened
150g icing sugar
1 orange, zested

Pre-heat oven to 180C. Grease and line the base of two 20.5cm sandwich tins with baking parchment. Put the flour, baking powder and spices in a large bowl. Add the caster sugar and sultanas and mix together.

Put the eggs and sunflower oil in another bowl and beat for a few minutes. Mix the two lots of ingredients together, along with the grated parsnips and orange zest. Mix everything together until you have a thick batter; about 2 minutes. Divide the mixture between the 2 cake tins. Bake for 25 to 30 minutes. The cakes should be golden and a skewer inserted in the centre should come out clean. Leave the cakes in the tins for 10 minutes, then turn out onto a wire rack and peel off the baking parchment. Leave to cool completely.

Make the frosting by beating the butter and then adding in the cream cheese and icing sugar. Be careful not to overbeat or the frosting will become runny. Sandwich the cakes together with the frosting and spread some on top too. Use the orange zest to decorate.

