

# Cerridwen's Cauldron Inspired Recipes



## Chocolate Nettle & Potato Cake

### INGREDIENTS

- 350 grams plain flour
- 70 grams best quality cocoa powder
- 6 grams dried nettle powder
- 1 teaspoon cinnamon powder
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- 3 large eggs
- 210 grams golden castor sugar
- 106 grams olive oil
- 1 tablespoon vanilla extract
- 220 grams plain smashed potatoes (no lumps)
- 125 ml milk (alternative can be used)
- \*Marmalade for Icing the cake



### DIRECTIONS:

1. Preheat the oven 180°C/160°C Fan/gas mark 4/350°F.
2. Prepare and flour two 8 in/20cm tins (use olive oil or butter).
3. Sift all dry ingredients; flour, cocoa, nettle, cinnamon, baking powder, bicarbonate of soda, and salt in a mixing bowl.
4. In a large mixing bowl add; eggs, castor sugar, olive oil, vanilla and beat with an electric mixer on medium speed until it is smooth.
5. Turn electric mixer to low speed and gradually add smashed potato.
6. Add dry ingredients, alternating with milk and mix until blended (avoid over mixing). NOTE: The mixture will thicken as you mix it together.
7. Spread cake batter with a wooden spoon onto prepared baking tins.
8. Follow me to the next page.....

# Chocolate Nettle & Potato Cake

RECIPE CONTINUED...

8. Bake 20 minutes and insert a cake-tester to be sure it comes out clean.
9. Cool cake in tin for 20 minutes on wire rack
10. Turn cakes onto wire rack to cool completely



Icing or no icing? Ganache anyone?

Ganache it is ... This is where Nettle meets Dark Chocolate

## Dark Goddess Nettle & Chocolate Icing

### INGREDIENTS

- 122 grams heavy cream or milk alternative (I used oatmilk)
- 2 tablespoons of dried nettle in prepared teabags
- 175 grams dark chocolate chips (I used a 70% dark chocolate chip)

### DIRECTIONS -

1. Place chocolate chips in a heat proof bowl.
2. **INFUSION:** Combine milk/cream and nettle, stir. Set aside until cake is completely cooled and ready for ganache.
3. Heat cream and nettle on medium heat until very hot/steaming however, not boiling.
4. If you used loose leaf nettle, use a strainer to collect the nettle. Slowly pour milk/cream over chocolate and slowly stir by hand with a wood spoon. Stir until chocolate is melted, and silky. The ganache will start to thicken as it binds with the milk. Ganache is ready!

### Icing the Cake

1. Place first layer of cake on a cake plate.
2. Spread some \*marmalade on the top of first layer. Cover with second layer of cake.
3. Spread Ganache on top layer of cake, and let it drizzle onto the sides of the cake. NOTES: This ganache recipe is enough for the top layer.
4. Add some orange zest on top and enjoy with coffee or tea.

# Chef Notes

When preparing this recipe, you can substitute any of the ingredients to gluten free, or dairy free by using your preferred substitute.

As this wheel turns, we celebrate Cerridwen of Fire - Tan

I am craving the warmth of spring during this tough winter in the Pacific N.W. It is always a delight for me to feel the renewal and rebirth within me, during this time of the year.

Nettle is the star of this cake along with cacao. When I first baked this cake, after writing and testing recipes for Cerridwen's wheel, I was absolutely elated. It was a big hit in the testing kitchen as well as a surprise to everyone that nettle's presence was subtle, a mystery and so delicious. This cake is a gift from Cerridwen; She knows my love for nettle and my studies with cacao. I have studied and played with cacao for several decades, and it is truly a passion of mine. Yes, I've got that tee that says "Chocolate is my Love Language." Smile. To be able to create and combine nettle and cacao together in this delicate and delicious cake, it brings me much joy.

I used last year's nettle harvest for this cake. I dry and use nettle throughout the year in culinary as well as for crafting salves and healing tea. I reference "Nettle Powder," in this recipe which is easy to grind with a pestle and mortar.

You can also use the nettle powder over soups, in sandwiches or in a smoothie along with your favourite protein powder. Another tip about nettle powder...combine it with sea-salt and use it in all of your recipes as a blessing from Cerridwen of Fire.



Nettle is a great study. I advise you to research the properties of nettle, and you will be surprised how much it offers us to heal our bodies. During the end of winter months as we wake up our bodies, and as we become more active, nettle helps revive our organs and flush toxins as it acts as a diuretic. It has been known to assist with anemia, skin conditions, and it is widely used for muscle aches and as an anti-inflammatory, and so much more. I hope you take an interest in this Cerridwen of Fire season, to study nettle. I would love to hear what you learn.

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Cacao is another great study! Cacao offers immune support, antibacterial properties, rich in iron, lowers LDL, helps the circulatory system and much more.

Cacao represented the deep mystery and magic of the cauldron in this recipe, which is why I chose to use dark chocolate for this recipe. The slight bitterness of the ganache and the sweetness of the cake with the marmalade, it is a beautiful combination. I assure you if you enjoy dark chocolate, you will definitely enjoy this inspired cake by Cerridwen of Fire.

One last note that you might be wondering about, and that is why is there smashed potato in this cake recipe? Great question!

Potatoes add moisture to chocolate cakes, it is amazing how this chemistry works between potato and cacao. Plus, some added fibre from potatoes. Try it on other cakes, you'll be surprised how moist your cakes will be by just adding some smashed potato to your baking.

Thank you for letting me share one of my passions with all of you in this newsletter. I love cooking, and the chemistry of ingredients coming together; it is not something I have always enjoyed until I properly learned to cook at Le Cordon Bleu Culinary school in my early forties as a hobby. These featured "Cerridwen Wheel Recipes" have been in research and development for a couple of years, so I hope that you enjoy them as much as I have enjoyed writing, testing, tasting and dancing in the kitchen when they turn out great. A cookbook in the making.

Happy baking.

Blessings to everyone on this turn of the wheel. May the fire within you be bright and blessed always, and in turn, may you brighten someone else's fire with this delicious cake.

Blessed Be.

