

Inspired Recipes



Orange Maple Cake

330 grams plain flour

1 Tablespoon mixed spices (cinnamon, allspice,

nutmeg, clove, ginger)

100 grams olive oil

130 grams apple sauce

100 grams marmalade

zest of one orange

140 grams castor sugar

30 grams maple syrup (100% maple)

5 eggs, whole

60 grams dried cranberries

170 grams of each: sultanas and currants



- 1. Preheat oven to 170C/325F. Prepare a round baking pan by lining it with parchment paper.
- 2. Sift flour and spices together, set aside
- 3.In a mixing bowl, beat oil, apple sauce, marmalade, zest, sugar, and maple for 3 minutes. After 3 minutes, beat in the eggs, one at a time.
- 4. Add flour and dried fruit to mixing bowl and fold in.
- 5. Bake for 2 hours. Set timer for 55 minutes, check cake, if the top is baking quickly and turning brown, cover it with parchment paper and continue to bake until the centre of cake is clean when tested with a metal skewer.

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Recipe Created by Cerridwen Priestess Chef, Sadie Laurenti Whitley 2023

Chef Notes

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Cool in cake pan for 15-25 minutes. Carefully turn cake onto wire rack and remove parchment paper. Completely cool on wire rack.

I left the top of the cake bare, and instead, used the extra marmalade from the bottle to spread on the plate with a swirl, and placed a slice of cake on top. It is delicious on its own, with a cup of tea or coffee.

May you always be inspired to create your own flavours to share and enjoy with loved ones.

