

Sophia Handschuh
UNITED KINGDOM

SOPHIA'S ORANGE & POLENTA CAKE

Sophia's polenta cake is easy to make and all-too-easy to eat. It's moist, fragrant, gluten-free and easy to dress up for a party. It goes beautifully with yoghurt or cream but I had an idea for a simple spiced sorbet accompaniment which worked wonderfully too.

Serves: 12

Time: 1 hour, longer to let cake cool



INGREDIENTS

Cake

200 grams natural almonds
200 grams unsalted butter,
in small cubes
200 grams coconut or
demerara sugar
3 eggs
1 tsp vanilla bean paste
100 grams polenta
2 oranges, zest only
1 tsp orange blossom water (or
a few drops orange essential
oil)
1 tsp baking powder (gluten
free, if necessary)

Syrup

250 grams orange juice
30 grams orange blossom
water (or a few drops orange
essential oil)
125 grams golden caster or
raw sugar
3 sprigs fresh rosemary, stalks
removed



METHOD

Cake

1. Preheat oven to 170°C. Grease and line a 20cm springform cake tin with greaseproof paper and set aside.
2. Place almonds in mixing bowl and grind **10 sec/speed 9**. Set aside.
3. Place butter in the mixing bowl and mix **30 sec/speed 5**. Scrape down using spatula.
4. Add the sugar, eggs, vanilla bean paste, ground almonds, polenta, orange zest, orange blossom water and baking powder then combine **40 sec/speed 5**. You may have to pause halfway through and scrape the mixture down with a spatula to ensure the mixture is fully incorporated.
5. Scrape the cake batter into the prepared tin and bake for 45-50 minutes until golden brown and a skewer inserted in the centre comes out clean.
6. Remove from the oven and leave to cool in the tin for 30 minutes. Clean mixing bowl.

Syrup

1. To make the syrup, place the rosemary leaves, orange juice, orange blossom water and sugar in the mixing bowl. Cook **10 min/120°C/speed 1/MC removed**. In TM31, cook on Varoma temperature.
2. Carefully remove cake from tin. Turn the cake onto a serving plate and poke holes all over the sponge with a skewer. Drizzle the syrup over the cake using a spoon until it is all used up and soaked in. Ideally, leave to cool and infuse for at least 3 hours before serving. It tastes even better the next day.

MANGO CARDAMOM SORBET

Serves: 12

Time: 10 minutes



INGREDIENTS

Sorbet

- 50 grams raw sugar
- 500 grams frozen mango, cubed
- 1 tsp ground cardamom
- 1 egg white



METHOD

Sorbet

1. To make the sorbet, place sugar in mixing bowl and blitz **2 sec/speed 9**.
2. Add mango and chop **10 sec/speed 8**.
3. Insert Butterfly whisk. Add cardamom and egg white. Whip for **50 sec/speed 4**.

Serve immediately with polenta cake.

Tips

- Try driving this sorbet with your ears: that is, listen to the sound of it mixing to determine when all the ingredients are incorporated

Variation

- Add half a teaspoon of ground cardamom to the cake mixture, or infuse 3 cardamom pods into the syrup.
- Cake can be garnished with candied orange slices or rosemary branches.
- Use blanched almonds for a finer textured cake.
- Use blood oranges for a deeper colour.