

APPLE, PEAR & BAY LEAF CAKE

Crazy times call for BAKING CAKE. This beautiful grain and nut cake is a true favourite of mine and lockdown is definitely permission to eat cake whenever you want.

So simple to make yet so unusual in flavour, this two-fruit cake is based on buckwheat and almonds, while bay leaf adds a subtle herbaceous fragrance. The cake is gluten-free, so long as the baking powder used is gluten-free too. Served with tea, it's a nourishing, sustaining feel-good cake.



Makes: 1 large cake

Time: 1 hour 15 minutes



INGREDIENTS

150 grams (5.3 oz) unsalted butter, cut into pieces (2 cm / 1 in), plus extra for greasing
160 grams (5.6 oz) buckwheat
100 grams (3.5 oz) raw almonds
120 grams (4.2 oz) raw, brown or rapadura sugar
1 fresh or dried bay leaf
1 pear (approx. 100 grams / 3.5 oz), peeled and cored
1 tsp vanilla bean paste
3 eggs
2 tsp baking powder
1 pinch salt
1 Granny Smith (or other) apple, peeled, cored and cut into thin slices (5 mm)
brown sugar, for sprinkling
whipped cream or yoghurt, to serve (see Tips) (optional)



METHOD

1. Preheat oven to 170°C (340°F). Grease and line a springform cake tin (20 cm / 8 in) with baking paper and set aside.
2. Place buckwheat, almonds, sugar and bay leaf into mixing bowl and mill **12 sec/speed 9**.
3. Add butter, pear, vanilla, eggs, baking powder and salt and mix **50 sec/speed 5**.
4. Pour mixture into prepared tin. Fan apple slices over cake in a circular pattern, then sprinkle with brown sugar.
5. Bake for 55 minutes (170°C / 340°F) or until cake springs back when touched and a wooden skewer inserted into the centre of the cake comes out clean. Transfer onto a wire rack to cool completely, then serve with whipped cream or yoghurt (optional).

Tips

- This cake can be made with other seasonal fruits (eg. apricot, peach or plum).
- Try experimenting with different flavours by replacing the bay leaf with rosemary (12 leaves) or sage (4 leaves).
- You can replace the buckwheat with buckwheat flour, wholemeal flour or plain flour.
- You can make this cake using a 22 cm / 9 in cake tin - the cake will be a bit thinner, but the baking time will stay the same.

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Makes: 1 large cake



SHOPPING LIST:

- Unsalted butter (150 grams / 5.3 oz)
- Buckwheat (160 grams / 5.6 oz)
- Raw almonds (100 grams / 3.5 oz)
- Raw, brown or rapadura sugar (120 grams / 4.2 oz)
- Fresh or dried bay leaf (1)
- Pear (1) (approx. 100 grams / 3.5 oz)
- Vanilla bean paste (1 tsp)
- Eggs (3)
- Baking powder (2 tsp)
- Salt
- Granny Smith (or other) apple (1)
- Whipped cream or yoghurt



NOTES:

→ - plus extra for sprinkling

→ - to serve