



# CAPEL ST MARY ALLOTMENTS ASSOCIATION

*1977 to 2020 "We've Been Growing for more than 40 Years"*

*Affiliated to RHS & NAS*

*President Steve Baker*

[www.capelallotments.co.uk](http://www.capelallotments.co.uk)

## 2022 Show Schedule Recipes

### Frosted Carrot Cake – Tray Bake

Greased and lined 23cm square cake tin

Oven Temperature 180C/350F/Gas 4

Cooking Time 40-45 mins

#### Ingredients

175ml sunflower oil

1tsp bicarbonate of soda

175g light muscovado sugar

1 tsp ground cinnamon

3 eggs

½ tsp grated nutmeg

175g grated carrot

#### Frosting

85g sultanas

200g full fat soft cheese

55g walnut pieces

100g icing sugar

Grated rind of 1 orange

2 tsp orange juice

175g SR flour

Strips of orange zest to decorate

#### Method

- In a large bowl beat together the oil, sugar and eggs.
- Stir in the grated carrot, sultanas, walnuts and orange rind.
- Sift together the flour, bicarbonate of soda, cinnamon and nutmeg. Combine with the carrot mix.
- Spoon the mixture into the prepared cake tin.
- Bake in pre-heated oven until well risen and firm to the touch.
- Cool on a wire rack in the tin for 5 minutes then turn out and leave to cool.
- Combine the frosting ingredients (except the orange rind strips) in a bowl until smooth.
- Spread over the cooled cake with a palette knife to form swirls.
- Cut into 75mm squares and choose x6 for showing.
- Decorate with the orange rind strips.

## Date and Walnut Teabread

Greased and lined 450g loaf tin

Oven Temperature 180C/350F/Gas 4

Cooking time 30-40 minutes or until firm, risen and golden

### Ingredients

100g of chopped stoned dates

½ tsp bicarbonate of soda

Half a lemon finely grated rind

100ml hot tea

40g unsalted butter

70g light muscovado sugar

1 egg-small

125g SR flour

25g chopped walnuts

Walnut halves to decorate

### Method

- In the hot tea, soak dates, lemon rind and bicarbonate of soda for 10 minutes until soft
- Cream together the butter and the sugar until light and fluffy
- Beat in the eggs. Add a little of flour if curdling
- Stir in the date mixture
- Using a large metal spoon fold in the flour, then the chopped walnuts
- Transfer the mixture to the prepared loaf tin spreading evenly. Add the walnut halves on the top in a straight line
- When baked allow to cool in the tin for 10 minutes before turning out on a wire rack