

OLIVE OIL CAKE RECIPE

As part of the Sponsorship for the Lavender Section at the Royal Canberra Show, the Australian Lavender Industry consulted with the Olive Grower's Section and decided that as these two industries were part of the emerging Australian agricultural scene, they should combine efforts to promote both industries.

A cake using Australian Olive Oil and Australian grown Lavender seemed to 'fit the bill'.

Hence the introduction of a new Class in the Lavender Section 2007 Royal Canberra Show is now part of the Horticultural Schedule.

The Australian Lavender Industry 'Test Kitchen' developed a cake recipe using extra virgin Australian olive oil. This recipe is provided as a sample recipe for a cake using olive oil and the Class entrants must incorporate fresh or dried lavender into the cake to participate in the relevant Section. The Lavender quantity is to be incorporated at the entrants' discretion.

It is not required for entrants to use this recipe however Australian grown lavender and olive oil should be used.

Note: This recipe is for a basic cake. Lavender can be added to flavour the cake. If not adding lavender then extra lemon or lime zest, or a desert spoonful of liquor may be added to give added flavour.

Olive Oil Honey Cake

Ingredients:

4 eggs
1 cup milk
1 cup olive oil
1/3 cup honey
1/2 cup castor sugar
2 cups flour
1/4 cup cornflour
1/2 teasp. baking powder
1/2 teasp. bicarb. soda
1/2 teasp. salt
2 teasp. lemon juice
Grated zest of one lemon

Preheat oven to 160 – 170 degrees C. and bake in middle of oven.

Grease a 23cm. round cake tin with butter and then line bottom with baking paper and grease as well. Dust cake tin with flour and shake out excess.

In bowl beat eggs and sugar until light and pale. Add honey and beat. Add milk and olive oil and beat again. Finally add lemon zest and lemon juice and mix well.

Sift the flour, corn flour, baking powder, bicarb. soda, and salt into a large bowl. Add to honey mixture and beat lightly to incorporate.

Pour batter mixture into prepared cake tin.

Bake for approximately 50 minutes or until a skewer comes out clean. Cool in the tin for at least 10 minutes and then cool on a cake rack.

Dust with sifted icing sugar if required.

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