

24 Karrot Cake

More Great Good Dairy Free Desserts Naturally by Fran Costigan

If we had had the meeting this January this is the cake I was going to bring to celebrate our 12th Anniversary.

Yield one 8-inch two-layer cake

1/2 cup raisins or chopped dates

1/3 cup orange juice

For the dry goods

1 cup whole wheat pastry flour

1 cup unbleached white flour

2 teaspoons baking powder

2 teaspoons baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

For the wet goods

1/4 cup canola oil

1 cup plus 2 tablespoons maple syrup

1/2 cup vanilla soymilk or other plant based milk

2 teaspoons apple cider vinegar

1/2 teaspoon vanilla extract

1/2 teaspoon orange extract

2 cups peeled, shredded carrots, firmly packed

1. Position a rack in the middle of the oven and preheat to 350°C. Oil to 8-inch round cake pans. Line the bottoms with parchment paper cut to fit.
2. Soak the raisins in the orange juice for about 10 minutes, until they are plump. Drain, reserving the juice.
3. Place a wire mesh strainer over a medium bowl. Add the pastry flour, white flour, baking powder, baking soda, cinnamon, salt, and nutmeg to the strainer. Tap the strainer against the palm of your hand to sift the ingredients into the bowl. Stir with a wire whisk to distribute the ingredients.
4. In a separate medium bowl, whisk the oil, maple syrup, plant based milk, 2 tablespoons of the reserved orange juice, the vinegar, and vanilla and orange extracts until well blended.
5. Pour into the dry mixture and stir with a whisk until the batter is smooth. Stir the grated carrots and drained raisins into the batter with a rubber spatula.
6. Divide the batter evenly between the 2 pans and smooth the tops with a spatula.

7. Bake for 30 to 35 minutes, until the tops of the cake are golden, the sides started to pull away from the pans, and a cake tester inserted in the center comes out clean or with only a few moist crumbs.
8. Cool the pans on wire racks for 10 minutes. Run a thin knife between the cakes in the inside of the pans invert each layer onto a rack. Remove the pans and carefully peel off the parchment paper. Invert the layers again topside up onto racks. Cool completely
9. to protect the layers from cracking or breaking, slide a cardboard circle under each one. Wrap the layers in plastic wrap, and refrigerate for 1 to 8 hours, until cold, before filling and frosting.
10. Assemble the cake with your favorite frosting and serve.