

Beetroot seed cake

Ingredients

- butter or oil, for greasing
- 225g/8oz self-raising flour
- half a teaspoon bicarbonate of soda
- a level teaspoon baking powder
- half a teaspoon ground cinnamon
- 180ml/6¼fl oz sunflower oil
- 225g/8oz light muscovado sugar
- 3 free-range eggs, separated
- 150g/5oz raw beetroot, peeled
- juice of half a lemon
- 75g/3oz sultanas or raisins
- 75g/3oz mixed seeds (such as sunflower, pumpkin and linseed)

For the icing

- 8 tablespoons icing sugar
- a little lemon juice or orange blossom water
- poppy seeds, to garnish

Preparation method

1. Preheat the oven at 180C/350F/Gas 4. Lightly grease a rectangular loaf tin (20cm x 9cm x 7cm/8in x 4in x 3in), then line the base with baking parchment.
2. Sift together the flour, bicarbonate of soda, baking powder and cinnamon.
3. Beat the oil and sugar in a food mixer until well combined, then introduce the egg yolks one by one, mixing after you add each egg yolk. Grate the beetroot coarsely and fold it into the egg mixture, then add the lemon juice, sultanas (or raisins) and the assorted seeds. Pulse until combined.
4. Fold the flour and raising agents into the egg mixture whilst the machine is on a slow setting.
5. Beat the egg whites until light and almost stiff. Fold gently but thoroughly into the cake mixture, using a large metal spoon (a wooden one will knock the air out). Pour the mixture into the cake tin and bake for 50-55 minutes, covering the top with a piece of foil after thirty minutes. Test with a skewer for doneness. The cake should be moist inside but not sticky. Leave the cake to settle for a good twenty minutes before turning out of its tin onto a wire cooling rack.
6. To make the icing, sift the icing sugar into a bowl and stir in enough lemon juice or orange blossom water to achieve a consistency where the icing will run over the top of the cake and drizzle slowly down the



less than 30 mins

preparation time

30 mins to 1 hour

cooking time

Serves about 8

By Nigel Slater
From Nigel Slater's Simple Suppers

Beetroot cake is the hero of vegetable-based cakes – moist, tasty and full of goodness. Nigel Slater shows you how.

sides (about three teaspoonfuls), stirring to remove any lumps.
Drizzle it over the cake and scatter with the poppy seeds. Leave to set before eating.