

SPICED PARSNIP & CARROT CAKE WITH GINGER CREAM CHEESE ICING

This carrot cake (with parsnip in season) is a treat with a difference. Sweetness that is deliciously spiced, topped with a silky smooth cream cheese frosting – so irresistible.

PREP TIME: 45 minutes
COOKING TIME: 50 minutes
SKILL LEVEL: Medium

INGREDIENTS

10 SERVES	120 SERVES	
190 g	1.9 kg	Flour, self-raising
30 g	290 g	Skim milk powder
100 g	1 kg	Brown sugar
4 g	48 g	Ginger, ground
3 g	28 g	Cinnamon, ground
110 g	1.1 kg	Eggs
100 g	1 kg	Butter, salted
90 g	890 g	Milk, full cream
90 g	890 g	Parsnip, grated
90 g	890 g	Carrot, grated
20 g	200 g	Almond meal
1 g	5 g	Salt

Icing		
72 g	870 g	Cream cheese
9 g	110 g	Butter, salted
0.5 g	7.5 g	Ginger, fresh grated
200 g	1.9 kg	Icing sugar

METHOD

1. Pre-heat oven to 170 Celsius
2. Line two full gastronorm trays with baking paper for the commercial kitchen serving or one 20cm cake tin for a domestic portion.
3. Coarsely grate carrot and parsnip and set aside.

Maggie Beer's BIG MISSION

4. In a large bowl combine the flour, almond meal, dark brown sugar, ground ginger, cinnamon and allspice and mix well then set aside.
5. Melt butter in the microwave.
6. In another bowl place the eggs, milk, skim milk powder and butter and whisk to combine. Pour the wet ingredients over the dry ingredients and stir until just combined. Fold in the carrot (and parsnip if available).
7. Transfer the batter to the prepared lined tray and place it in the oven.
8. Bake for 30 to 50 minutes or until a skewer comes out clean from the centre.
9. Set aside to cool completely before frosting.

Note: Cook time will depend on both the oven and the container it is cooked in and will take longer at times.

GINGER CREAM CHEESE ICING

1. Place room temperature cream cheese, ginger and butter into a mixer with a whisk attachment and beat until extremely smooth.
2. Slowly add in the icing sugar until all incorporated.
3. Spread over the top of the cooled parsnip and carrot cake and serve.

NUTRITIONAL INFORMATION Serving Size 125 g

	Per serving (125g)	Per quantity (100g)
Energy	1590 kJ	1280 kJ
Protein	74 g	6 g
Carbohydrate total	52 g	41 g
Sodium	337 mg	269 mg

