

TASTE WITHOUT WASTE

Spiced Pumpkin Bundt Cake

Makes one cake.

Ingredients

Cake

1 cup steamed pumpkin, mashed (that's about 300g raw pumpkin, peeled)
1 tbsp honey
1 tsp ground ginger
1 tsp mixed spice
1/8 tsp ground cloves
1/2 cup Greek yoghurt (I used light)
125g unsalted butter, softened
1 scant cup brown sugar, loosely packed
2 large eggs, lightly beaten
2 cups self raising flour

Icing

1 cup icing sugar, sifted
1 to 2 tbsp milk
1/2 tsp vanilla essence

To decorate (optional)

Chopped pecans and walnuts

Chopped white chocolate

Craisins

Method

Cake

Preheat the oven to 180C. Grease and lightly flour a 12 cup capacity (24 cm diameter) bundt pan.

Place the mashed pumpkin in a medium sized bowl and stir through the honey, ginger, mixed spice and cloves until well combined. If the pumpkin is still warm, allow to cool and then stir through the yoghurt.

Beat the butter in a large bowl until creamy. Add the sugar and beat until light and fluffy. Gradually add the eggs, along with about one tablespoon of flour, beating well after each addition. Stir in a third of the flour, followed by half of the pumpkin mixture. Repeat and finish with the final third of the flour.

Spoon the mixture into your prepared pan and bake for approximately 35-40 minutes or until a skewer inserted comes out clean.

Set the pan on a wire rack and leave to cool for 20 minutes before carefully turning the cake out onto the wire rack to cool completely.

Once completely cool, drizzle over the icing and sprinkle with chopped walnuts/pecan/white chocolate/craisins if you wish.

Cake can be kept for up to 3 days in an airtight container and up to 2 months in the freezer.

Icing

Whisk together the icing sugar, vanilla and 1 tbsp of milk until smooth. Add more milk if necessary – you want an icing that is quite thick yet will still run off the spoon in a steady stream.

Source: Adapted from Woolworths 'Taste' Magazine.

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