

Lime and Coconut Cake

When we first opened the cafe we had one gluten free item in our cake cabinet - a granola bar. We got so many requests for gluten free cakes that we gradually expanded our repertoire. Nowadays we regularly have five or six options, most of them not obviously gluten free, and we do so much gluten free baking that we keep a tub of our own flour mix to hand. This month's recipe is a light sponge cake, an anti-dote to all the rich food we've been indulging in over the festive season and is gluten free. You can substitute a store bought gluten free flour mix for ours but most supermarkets stock Bob's Redmill products, a line which includes all the ingredients to make our flour mix. Wishing you a Happy New Year and lots of baking fun in 2015!

Line two round, 9" pans with parchment paper. Pre-heat oven to 350f/180C.

In a large bowl mix together:

2 cups (7oz/200g) gluten free flour (see recipe for Two Whales GF flour on following page)
1 cup (3oz/75gm) coconut
1 tsp baking powder
1 tsp baking soda

In another bowl mix:

1 cup (7oz/200g) white sugar
4 eggs
 $\frac{3}{4}$ cup organic canola oil
 $\frac{3}{4}$ cup water
zest of 1 lime
juice of 1 lime (2fl oz/ $\frac{1}{2}$ cup)
1 tsp glycerine

Beat into dry ingredients. Pour into cakes pans and bake for 20-25 minutes until firm and golden.

While cakes are baking make the syrup and set aside:

juice of 1 $\frac{1}{2}$ limes (about 3fl oz/ $\frac{3}{4}$ cup)
zest of 1 lime
 $\frac{1}{4}$ cup (1.5oz/50g) white sugar

When cakes are ready, pour the syrup over one cake whilst still warm and cover with coconut. Remove the other one from it's pan and put onto a wire rack to cool.

Lime Butter Icing

3oz/90gm butter or vegan butter stick
1 $\frac{1}{2}$ cups (6oz/165g) icing sugar
juice of $\frac{1}{2}$ lime (1fl oz/ $\frac{1}{4}$ cup)

Beat until creamy. Use to sandwich cakes together once they are cooled.

Two Whales Gluten Free Flour Mix

We find that this mix can be substituted cup for cup in most cake recipes, we keep a batch to hand and give it a good stir before we use it. Make sure you use potato starch not potato flour which is heavier.

1lb/450g/3 cups rice flour
6oz/170g/1 cup potato starch
3oz/75g/½ cup tapioca flour
1¼ tsp xanthan gum

Mix well and store in an airtight container.



Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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