



ROSEWATER AND CARDAMOM CAKE

The recipe calls for rosewater and cardamom, a lovely combination that gives this cake a delicate aromatic flavour. This cake is perfect to enjoy on a sunny afternoon, served with natural yoghurt and a cup of your favourite tea.

Recipe sourced from: www.ourkitchen.fisherpaykel.com

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ROSEWATER AND CARDAMOM CAKE

Serves

6 - 8 people

Ingredients available at Mediterranean Foods

Ingredients for cake

- *220g butter, softened
- *275g ground almonds
- *150g polenta, fine grade
- *½ tsp cardamom seeds, ground
- 1 tsp baking powder
- 2 lemons, juice & zest
- 220g caster sugar
- 3 eggs

Ingredients for syrup

- *5 tbsp clear honey
- *¼ tsp cardamom seeds, ground
- *2 tbsp rosewater
- 1 lemon, juice & zest
- Sliced almonds, icing sugar and spray-free/food-grade rose petals to decorate

***For the Cake:** Pre-heat oven to 180°C on bake. Line a 20cm springform cake tin with baking paper. Cream butter and sugar until light and fluffy (either in a mixer or by hand). Add in ground almonds and mix to combine. Lightly beat eggs with a fork, then stir in to the mixture. Crush the cardamom seeds in a mortar and pestle until finely ground. Combine with polenta and baking powder in a bowl. Juice and zest 2 small lemons. Add the juice and zest to the cake mixture, then fold in polenta, cardamom and baking powder. Pour the mixture into the cake tin, levelling the top with a spatula. Bake for 30 minutes at 180°C, then turn down heat to 160°C and bake for a further 25-30 minutes until the top is golden.*

***For the Syrup:** Once you have taken the cake out of the oven, begin making the syrup. Crush the cardamom seeds in a mortar and pestle until finely ground. Heat lemon juice, honey and cardamom in a saucepan, dissolving the honey and then bringing to the boil. Boil for 4-5 minutes until it forms a thin syrup. Remove from the heat and add rosewater. While the cake is still in its tin, spike holes in the top using a skewer, then pour the warm syrup over it. Leave to cool, then remove from tin and decorate with icing sugar, sliced almonds, and rose petals. Serve with natural unsweetened yoghurt.*



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